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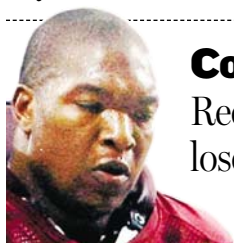
Tuesday



A sketch of Khalid Sheikh Mohammed in court.

9/11 Confessions: Gitmo prisoners set to admit guilt | **3**

Dog-Eat-Dog? Scientists say canines sense fairness | **3**

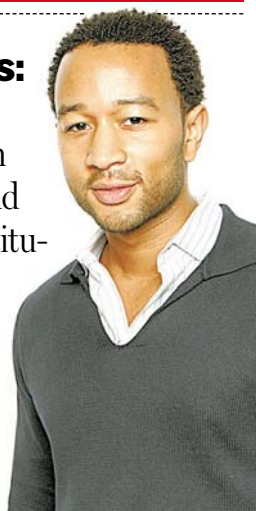


Costly Defeat: Reeling Redskins lose Samuels for the year | **18**

ENTERTAINMENT

Happy Days: *John Legend* is living large with a new album and a show at Constitution Hall. Plus, Debra Messing dishes on her holiday movie.

>> 11-17



Military Jet Crash Kills 2 in San Diego



STREET WRECKAGE: A firefighter looks at the engine of an F-18 military jet that crashed in San Diego on Monday. The aircraft fell to the ground while preparing to land at a military base — destroying two houses and leaving at least two people dead in the densely populated California neighborhood.

Blackwater Guards Charged

U.S. calls the 2007 shootings of Iraqi civilians unprovoked

WASHINGTON | Wild, unprovoked gunfire and grenades killed 14 innocent Iraqis and hurt dozens more in a 2007 Baghdad attack, prosecutors said Monday in announcing charges with mandatory 30-year prison terms against five Blackwater Worldwide security guards.

The Justice Department called the shooting a shocking and devastating violation of human rights. The harsh words echoed the

outrage of Iraqis, who have waited more than a year to see how the U.S. would respond to the shooting on a busy street in the Iraqi capital. The shooting by the largest U.S. security contractor in Iraq sparked international condemnation, launched congressional hearings and inspired anti-American insurgent propaganda.

The five security guards — all decorated military veterans — surrendered in federal

court in Utah, where one of them lives. The five men walked wordlessly through a phalanx of reporters. A judge ordered the guards to report to a Washington courthouse Jan. 6, where they were expected to plead not guilty. A sixth Blackwater guard struck a deal with prosecutors, turned on his former colleagues, and pleaded guilty to killing one Iraqi and wounding another.

"None of the victims of this shooting was armed. None of them was an insurgent," U.S. Attorney Jeffrey Taylor said. (AP)



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TUESDAY **53/49** WEDNESDAY **64/34** THURSDAY **38/27**

TODAY: Mostly cloudy and far warmer; showers possible in evening | **34**

eyeOpeners

WISH LIST

All He Wants for Christmas Is Pants

A man who was dubbed the "Butt Bandit" for making greasy imprints of his nether parts on windows in the north-central Nebraska city of Valentine has been sentenced to more than a year in jail. Cherry County Attorney Eric Scott says police caught 35-year-old Thomas Larvie in the act on Nov. 19. Scott says Larvie was sentenced Thursday to 13 ½ months in jail after being convicted of eight misdemeanor counts of public indecency and one count of disturbing the peace. Authorities said Larvie used lotion or petroleum jelly to make imprints of his naked behind — and sometimes his groin — on the windows of stores, churches and schools in Valentine beginning in the spring of 2007. Townspeople dubbed the vandal the "Butt Bandit" even though no theft was involved. (AP)



FASHION

Stale Bread Morsels Are Hot for Spring

If you're in the market for trendy duds and nourishment, there's a Manhattan fashion boutique that opened with you in mind. The store, called The 1929 and located in one of the trendiest shopping districts in the city, has chic clothes for sale and soup and coffee available for free — just the thing for shoppers fearing the effects of an ailing economy. If the name rings a woeful sounding bell, it's because 1929 was the year of the stock market crash that touched off the Great Depression. And the Depression was the inspiration for the store, manager and co-owner Aaron Genuth said. Located in SoHo, the store sells the work of independent designers on its ground floor, while

the basement is an art and performance space where the free grub is doled out. The store is expected to remain open through next month.

(AP/EXPRESS)



JOHN L. RUSSELL/AP

TWINKLE

Light Transport

While it's not the Polar Express, this be-blubbed tram car in Milan looks darn close to it. You would be truly mistaken, however, if you think this chic train offers 24-banking. The initials ATM stand for "Azienda Transporti Milanese," approximately the Metrobus equivalent. The stylish streetcar, one of dozens which continue to run through Italy's fashion capital, was designed in 1928 by Peter Witt, an American engineer living in another fashion hub: Cleveland, Ohio. The cars are normally painted bright orange, and are so popular that the demand to ride them spurred a purchase of 11 by the city of San Francisco in 1998. (EXPRESS)

BUDGETS

Biggest Ice Cream Social Ever Is Planned

It's like a gift from God. A tiny church in western Pennsylvania inherited more than \$2 million from a farmer

who lived in a mobile home. The Pittsburgh Tribune-Review reported Sunday that John Ferguson left his entire estate to Hopewell United Methodist Church near the town of Black Lick. The 71-year-old farmer attended the church before dying in January 2007,

and the gift has been in probate since then. The church has just 80 members. Hopewell pastor Jason McQueen says a panel of congregation members will choose projects to be funded annually from the income generated by Ferguson's estate. (AP)



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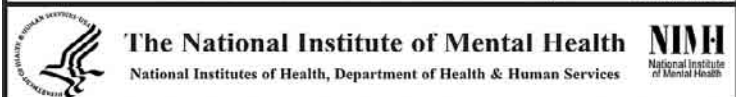
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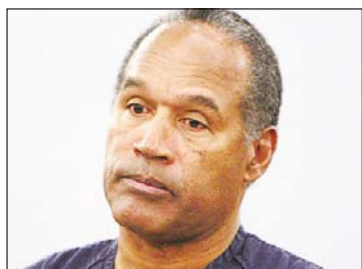
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JUST ONE SECOND: With a brutal economic slowdown, 2008 may feel as if it will never end. Now the world's timekeepers are making it last even longer. The Earth itself is slowing down, requiring timekeepers to add an extra second onto Dec. 31 to keep their atomic clocks in sync.

Nation

In Brief



ISAAC BREKKE/AP POOL

O.J. Simpson will serve nine to 33 years in prison for his robbery convictions.

LAS VEGAS

Simpson Begins Serving His Sentence in Nevada Prison

O.J. Simpson was transferred Monday from jail to a Nevada state prison to begin serving nine to 33 years for his felony convictions in a gun-point confrontation with two sports memorabilia dealers, a state corrections official said. Simpson arrived at High Desert State Prison in Indian Springs, Department of Corrections spokeswoman Suzanne Pardee said. The medium security prison serves as the intake center for new southern Nevada inmates. (AP)

MONTGOMERY, ALA.

Suspicious Letters Sent To Six Governors' Offices

Authorities say governors' offices in at least six states received suspicious letters containing powdery substances but no injuries were immediately reported. Alabama public safety director Christopher Murphy says the letters arrived in Alabama, Michigan, Mississippi, Missouri and Rhode Island. Another letter was reported in Montana. (AP)

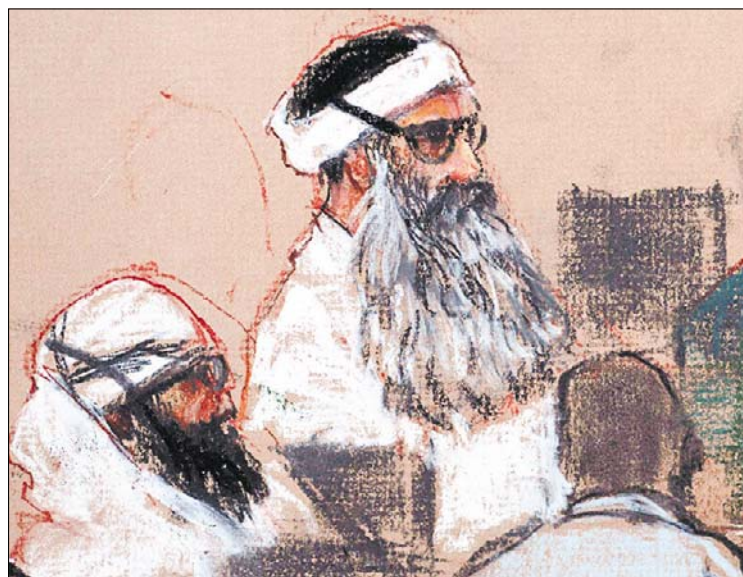
9/11 Defendants Ask to Plead Guilty

Men said they decided to confess to crimes after Obama's victory

GUANTANAMO BAY NAVAL BASE, CUBA | The alleged mastermind of the Sept. 11 attacks and four co-defendants told a military judge Monday they want to immediately confess at their war-crimes tribunal, setting up likely guilty pleas and their possible executions.

The five said they decided on Nov. 4, the day President-elect Barack Obama was elected to the White House, to abandon all defenses against the capital charges. It was as if they wanted to rush toward convictions before the inauguration of Obama, who has vowed to end the war-crimes trials and close Guantanamo.

Khalid Sheikh Mohammed and two others said they would postpone entering pleas until the



JANET HAMLIN/AP POOL

This drawing shows Khalid Sheikh Mohammed, center, and co-defendant Walid Bin Attas at a pre-trial session Monday at Guantanamo Bay Naval Base, Cuba.

military determines their two co-defendants are mentally competent. "We want everyone to plead together," he said.

Mohammed and another defendant have said they would welcome execution as a path to martyrdom. In a letter the judge read aloud

in court, the five defendants said they "request an immediate hearing session to announce our confessions."

The judge, Army Col. Stephen Henley, asked all five if they were prepared to enter a plea, and all five said yes. But Henley said competency hearings for two of the detainees precluded them from immediately filing pleas.

The first U.S. war-crimes trials since World War II are teetering on the edge of extinction. Obama opposes the military commissions and has pledged to close the detention center holding some 250 men soon after taking office next month.

Even if a trial were held, it is all but certain none would begin before bama takes office on Jan. 20. Still, the U.S. military is pressing forward with the case until it receives orders to the contrary.

ANDREW O. SELSKY (AP)

Study: Dogs Have Sense of Fairness

Hounds won't perform tricks if other dogs are given bigger rewards

WASHINGTON | No fair!

What parent hasn't heard that from a child who thinks another youngster got more of something? Well, it turns out dogs can react the same way.

THE WOLF WITHIN

→ Study leader Friederike Range said she wasn't surprised at the dogs' reaction to unfairness, since wolves are known to cooperate with one another and appear to be sensitive to each other. Modern dogs are descended from wolves. (AP)

Ask them to do a trick and they'll give it a try. For a reward, they'll keep at it. But if one dog gets no reward, and then sees another get sausage for the same trick, just try to get the first one to do it again. Dogs, like people and monkeys, seem to have a sense of fairness.

"Animals react to inequity," said Friederike Range of the University of Vienna, Austria.

In the experiments reported in Tuesday's edition of Proceedings of the National Academy of Sciences, Range and colleagues experimented with dogs that understood the command "paw," to place their paw in the hand of a researcher.

The dogs were asked to shake hands and could see what reward other dogs received. When one dog got a reward and the other didn't, the unrewarded animal stopped playing. When both got a reward, all was well. RANDOLPH E. SCHMID (AP)

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Nation



Workers picket Monday on the fourth day of a sit-in at the Republic Windows and Doors factory in Chicago. The workers are demanding severance and vacation pay.

Workers Channel Widespread Anger

Sit-in at Chicago plant has become a symbol for a frustrated nation

CHICAGO | The nation's grim economic picture now has a face. For four days, employees at a window and door factory that went out of business have refused to leave and face the prospect of a cold winter without a job.

Instead, they've taken over the building.

It's a peaceful yet outspoken symbol of mounting anger over government bailouts of corporations whose functions are murky to most, while workers who do things that are easily understood are losing their jobs by the hundreds of thousands.

At least temporarily, news about subprime mortgages, derivatives, the Dow Jones industrial average has been pushed aside as some 200 workers take turns occupying the Republic Windows and Doors plant, which closed abruptly last week after Bank of America canceled the company's financing.

Workers say they won't leave

until they get assurances they will receive severance and accrued vacation pay.

Apolinar Cabrera, A 17-year Republic employee, lost his job and benefits just as his wife is about to deliver their third child.

"I don't know what to do," said the 44-year-old Cabrera of Chicago, who worked in Republic's shipping department.

Illinois Gov. Rod Blagojevich on Monday ordered all state agencies to stop doing business with Bank of America to try to pressure the bank into using federal bailout money it received to help the laid-off workers.

"We hope that this kind of leverage and pressure will encourage Bank of America to do the right thing for this business," Blagojevich said from outside the plant.

In a prepared statement, the Bank of America said it had "worked with the company and shared our concerns about the company's situation and its operations for the past several months." But the bank said it agreed that Republic should try to honor its obligation to employees. **DON BABWIN (AP)**

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SLIGHT MISCOMMUNICATION: Police in Muncie, Ind., said a woman was arrested after she asked a state trooper whether she could smoke — and then tried to light up a marijuana joint. Honesty Knight, 32, faces a preliminary charge of possession of drug paraphernalia.

Nation

Good Start For Malaria Shot Effort

Vaccine for disease works more than half the time in small study

NEW YORK | A vaccine that may become the world's first to prevent malaria shows promise in protecting African children, researchers said Monday, calling the results a "major milestone."

In early tests, the experimental vaccine was more than 50 percent effective in preventing the deadly disease in infants and toddlers in two countries in Africa, the scientists said. A larger and longer test is expected to begin early next year, the latest effort at slowing a disease that kills nearly 1 million people annually.

247

The number of people, in millions, the World Health Organization estimates contract malaria each year.

It is the first malaria vaccine to make it this far in testing, and if further studies are successful, marketing approval could be sought as early as 2011.

The study results "add to our confidence that we are closer than ever before" to a malaria vaccine for African children, said Dr. Christian Loucq, director of the PATH Malaria Vaccine Initiative.

STEPHANIE NANO (AP)

Dems Send \$15B Auto Plan to Bush

Plan would rush loans to Big Three in return for stringent oversight

WASHINGTON | Congressional Democrats sent the White House an emergency \$15 billion auto bailout plan Monday, complete with provision of a "car czar" to oversee the industry's reinvention of itself. The Bush administration said there had been progress toward agreement but pressed further negotiations into the night.

The measure would rush bridge loans to Detroit's struggling Big Three but would also demand that the auto industry restructure itself in order to survive and would put an overseer chosen by President Bush in charge of monitoring that effort, according to the draft obtained by The Associated Press.

At first blush, White House officials suggested privately that the draft plan might fall short of principles behind a broad agreement to give long-term financing only to viable companies. But a later statement from press secretary Dana Perino sounded relatively upbeat about the rescue legislation, which congressional leaders hope to approve in the next few days.



Auto dealership workers rally to show their support for a federal aid package for the nation's car manufacturers Monday outside a GMC dealership in New York.

REUTERS/MATT WHELAN

"We've made a lot of progress in recent days to develop legislation to help automakers restructure and achieve long-term viability," she said.

House Speaker Nancy Pelosi,

D-Calif., said negotiations were continuing with the White House, and lawmakers were hoping to create an auto industry that could

thrive on its own — an effort she said would require concessions from management, labor, creditors and others.

"We call this a barbershop. Everybody's getting a haircut," Pelosi said.

The loans would be drawn from a program meant to help the automakers build fuel-efficient vehicles. Under the plan, the carmakers could get emergency loans right away. Then the overseer would write guidelines for restructuring the companies. JULIE HIRSCHFELD DAVIS (AP)

HEARSAY | SUPPORT FOR CAROLINE



"Caroline Kennedy is a very experienced woman. ... I can just tell you she's made an enormous difference in New York City."

—N.Y.C. MAYOR MICHAEL BLOOMBERG, WEIGHING IN ON THE POSSIBLE APPOINTMENT OF CAROLINE KENNEDY TO THE SENATE SEAT HILLARY CLINTON WILL VACATE TO BECOME SECRETARY OF STATE.

Belafonte to Auction MLK Papers

NEW YORK | An original handwritten outline for the Rev. Martin Luther King Jr.'s first speech condemning the Vietnam War owned by his friend, entertainer Harry Belafonte, is hitting the auction block.

Sotheby's will offer the document for sale Thursday along with two others: the scribbled notes for

a speech King planned to deliver in Memphis, Tenn., three days after he was assassinated and a letter of condolence from President Lyndon B. Johnson to King's widow.

Belafonte said he was selling the documents because "there are a lot of causes I believe in for which resources are not available." (AP)

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World



BRIGHT IDEA: European Union nations agreed on Monday to phase out sales of standard light bulbs by 2012. The EU says the switch to low-energy light bulbs will reduce carbon dioxide emissions by 13.2 million tons per year.

Suspected Mumbai Plotter Arrested

Officials say alleged mastermind of attacks seized in Pakistan raid

ISLAMABAD, PAKISTAN | Troops raided a militant camp and arrested a suspected mastermind of the Mumbai attacks, Pakistan's first reported response to U.S. and Indian demands for action against alleged plotters on its soil, officials said Monday.

The arrest in Pakistani Kashmir of Zaki-ur-Rehman Lakhvi could

signal the start of a wider crack-down aimed at reducing tensions between the nuclear-armed neighbors and satisfying Washington.

Lakhvi is allegedly a member of Lashkar-e-Taiba, a banned group blamed for other attacks on its soil. Analysts say it was created in the 1980s by Pakistan's intelligence agencies to act as a proxy fighting force in Indian Kashmir.

Many analysts suspect elements within Pakistan's intelligence agencies keep some links with Lashkar and other militants, either to use



Pakistan said Monday it had arrested Zaki-ur-Rehman Lakhvi, shown in June.

against India or in neighboring Afghanistan, but U.S. counterterrorism officials say there is no evidence linking Pakistan state agencies to the Mumbai attacks.

The U.S. says Lashkar is linked to al-Qaeda. India says the 10 gunmen who killed 171 people in Mumbai on Nov. 26-29 were Pakistani members of Lashkar-e-Taiba.

State Department spokesman Sean McCormack did not confirm Lakhvi's arrest, but said the reported raid was a "positive step."

CHRIS BRUMMITT (AP)



People flee after protesters lit a Christmas tree on fire in Athens on Monday.

Riots Rage In Central Athens

Police seem powerless to curb violence on 3rd straight day of protests

ATHENS, GREECE | As a masked teenager with a sledgehammer stood outside a bank Monday, a middle-aged man in the crowd shouted advice.

"Aim for the corner of the window," the man said. "It will break easier."

Dozens of blows later, the bank's reinforced glass gave way. The crowd — about 70 people — cheered.

Similar scenes were repeated again and again Monday as Athens and more than half a dozen others cities suffered Greece's worst rioting in decades. The violence was sparked by the fatal shooting of a teenage boy by police Saturday.

Hundreds of shops and banks in central Athens were damaged.

Riot police appeared powerless to check the violence as a third successive night of rioting raged.

"Those who are doing this must realize that they are making a spectacle of themselves," Interior Minister Procopis Pavlopoulos said. "Under no circumstances will the government tolerate what is happening." NICHOLAS PAPHITIS (AP)

In Brief

LONDON

Protesters Occupy Airport Tarmac for Nearly 5 Hours

Environmental protesters cut through the perimeter fence at Britain's third-largest airport Monday and occupied the tarmac, forcing the cancellation of more than 50 flights and raising questions over the vulnerability of airports. Two waves of protesters arrived at Stansted Airport before dawn. They sliced through the perimeter fence with bolt cutters, ran onto the tarmac and chained themselves together. Police took nearly five hours to clear the tarmac and arrested 57 people. (AP)

PARIS

Police Arrest Suspected New Leader of Militant Group

French police arrested the suspected military chief and "No. 1 member" of ETA on Monday — a new blow to the banned Basque militant group just weeks after his alleged predecessor was caught, officials said. Trained by police, the man identified only as "Balak" and two alleged accomplices — all armed — were detained on a street in Gerde, France, shortly after nightfall, a French police official said on condition of anonymity because he was not authorized to speak publicly on the matter. (AP)



'Balak'



IN MEMORIAM: A family buries their relative, Betty Bvute, who died of cholera, in Seke Chitungwiza, Zimbabwe, on Monday.

Groups: Scores Dying in Zimbabwe

Untold thousands fall victim to health crisis, aid organizations say

JOHANNESBURG, SOUTH AFRICA | Thousands of Zimbabweans are dying, uncounted and out of sight in a silent emergency as hospitals close, clinics run out of drugs and most people cannot afford private medical care, health groups say.

Even as deaths from a cholera epidemic climbed into the hun-

dreds, international and local organizations say many more are dying needlessly in a disaster critics blame on President Robert Mugabe.

The toll will never be known, according to Itai Rusike, executive director of the Community Working Group on Health — a civil society network grouping 35 national organizations.

"Zimbabwe used to have one of the best surveillance systems in the region," Rusike said in a telephone interview. "But phones are

not working, nurses are not there, so their information system has collapsed. ... It is very difficult to tell how many people have died."

"These are symptoms of a failed state," he said in a telephone interview. "Nothing is working."

The British charity Oxfam agreed with estimates of thousands of unreported deaths due to the collapse of the health system and says the situation will get worse with the onset of the rainy season, which lasts until February. MICHELLE FAUL (AP)



BY THE NUMBERS:
The United Nations said in a report Tuesday that high food prices have pushed 40 million people into hunger this year, bringing the number of the world's hungry to 963 million. (AP)



DOG'S BEST FRIEND: Chileans have a new hero: a courageous canine. A surveillance camera on a Santiago freeway captured images of a dog pulling the body of another dog, mortally struck by a vehicle, away from traffic. The rescue attempt prompted some people to offer to adopt the dog, but it ran away after the Dec. 4 incident.

World

Pork Recall Sparks Crisis in Ireland

Meat processors warn of financial toll amid contamination scare

DUBLIN, IRELAND | Ireland's surprise decision to recall all of its pork products because of contamination fears won support Monday from European health officials — but threatened to bankrupt the Irish pig industry as two-dozen countries hustled to get Irish pork off their menus.

Pig meat processors warned of a potentially fatal financial squeeze, because they are stuck with stocks they cannot sell and face simultaneous demands to cull 100,000 pigs suspected of dioxin poisoning. They demanded \$1.25 billion in emergency aid in a meeting with Prime Minister Brian Cowen and



PETER MUHLY/AFP/GETTY IMAGES

Pigs eat at a farm in Belfast, Northern Ireland, on Monday. Two-dozen countries rushed to pull Irish pork from stores and restaurants due to contamination fears.

MEATY ISSUE

→ Ireland's health and agricultural chiefs pinpointed the source of the pork contamination as an Irish animal food-maker: Millstream Power Recycling Ltd.
→ Millstream supplied food to nine pig farms in Ireland and nine in Northern Ireland.
→ Experts said Ireland was obliged to withdraw all pork products because of how pig meat is processed — meat from scores of farms can end up in the same sausage. (AP)

vowed not to slaughter a single pig until they get it.

Underscoring the crisis, Ireland's biggest pig meat processor, Rosderra Irish Meats Group Ltd., turned away its 850 employees at

four plants Monday and told them to sign up for state unemployment benefits. Irish labor union SIPTU said 6,000 pork-industry workers faced layoffs this week nationwide.

The Irish government announced Saturday that some Irish pork contained illegal levels of dioxin chemicals and ordered the recall or destruction of all Irish pork products produced since Sept. 1. The government now faces an uphill struggle to restore international confidence in an industry worth more than \$570 million annually, chiefly in exports to Europe and Asia.

Russia, China, Japan, South Korea and Singapore all announced import bans Monday on Irish pork. But Irish, British and European Union officials stressed that contaminated Irish pork posed no real health threat if eaten — because the dioxins in question must be consumed for years to pose a cancer risk. SHAWN POGATCHNIK (AP)

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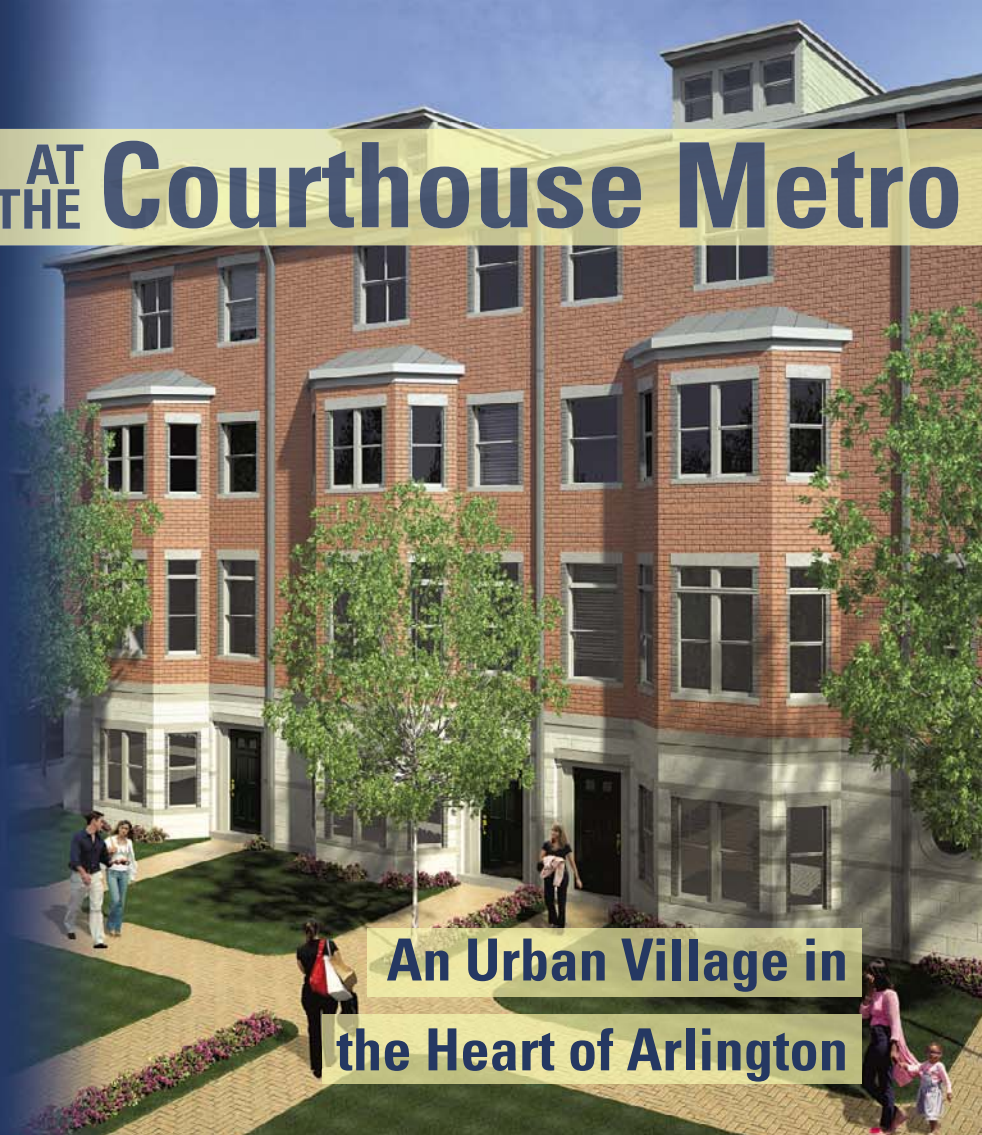
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World

38

The percentage of North Koreans who will need food assistance in the next year, largely because of critical shortages of fertilizer and fuel, according to U.N. food agencies.

Tourism Heats Up in Cuba

Country's resorts gear up for a strong season despite economic crisis

HAVANA | Cuba's vacation industry has remained as hot as the tropical sun here, even as the world economic crisis sparks cancellations and layoffs elsewhere in the Caribbean.

35

The percentage of tourists visiting Cuba this year through September who were Canadian — one-fifth more than in 2007.

source of visitors.

Luck also played a role: While the island suffered three devastating hurricanes, its key tourist sites were largely spared. And where

The communist country says it's booked solid through December and expects a record 2.34 million visitors this year — largely because global financial woes have so far been softer on Canada, its top



People walk near the Capitol building in Havana, Cuba. Resorts in the communist nation anticipate a busy month, even as other Caribbean islands face hardships.

beachfront resorts did get hit, the tourist-hungry government has made sure to repair hotels — in some cases even before damaged homes and infrastructure.

Tourism is Cuba's second-largest source of foreign income, behind nickel production.

So while other islands in the

region are laying off hotel workers and suspending construction of new property, Cuban resorts are gearing up for a strong season.

"We've had a few cancellations, but overall our numbers are still strong," said David Gregori of Wow-Cuba, a travel agency in Charlotte-town, Canada. WILL WEISSERT (AP)

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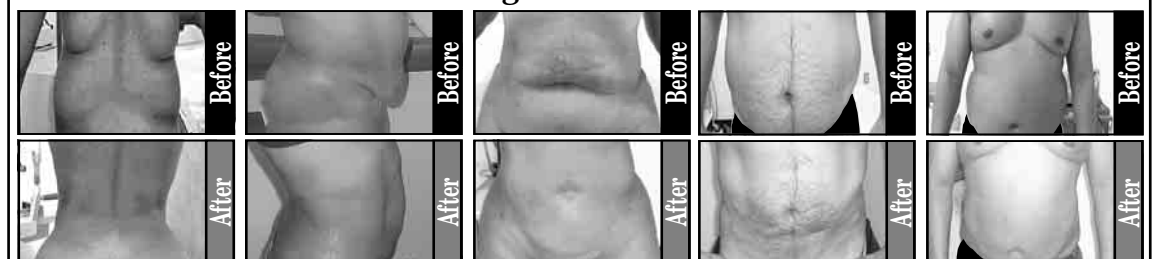
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POWER PLEA: Gen. Colin Powell helped deliver a \$1 million gift Monday for the planned Martin Luther King Jr. Memorial and called on all Americans to donate to the National Mall project. The foundation building the memorial has raised \$102 million of the \$120 million needed.



Local

Clubs Ready for Inauguration Boon

D.C. nightclub owners hope for windfall from extended alcohol hours

WASHINGTON | As the District of Columbia prepares for President-elect Barack Obama's inauguration next month, area nightclub owners are hoping to cash in on the anticipated revelry.

"This is our Christmas," said Marc Barnes, owner of D.C.'s The Park at 14th and Love nightclubs.

The D.C. Council passed emer-

gency legislation last week that will allow bars, restaurants and nightclubs that have liquor licenses to serve alcohol an extra three hours, until 5 a.m., between Jan. 17 and 21.

For club owners such as Barnes, the legislation likely will mean big money: For instance, at Love in northeast D.C., Barnes expects some 7,000 people to circulate indoors and through a tent in the parking lot, bringing in as much as \$700,000 in revenue a night.

The extended hours might be



Marc Barnes, right, owner of Love, supported extended drinking hours in D.C.

good for club owners, but city residents and others remain concerned that all-night celebrations could cause trouble.

Civic leaders in neighborhoods such as Georgetown and Adams Morgan have warned of more lewd behavior, increased crime and clogged traffic. And despite thousands of out-of-town police officers who are expected to help with inaugural crowds, D.C.'s police union chief has questioned whether the city will be able to provide enough security. (AP)

Md. County AP Scores At a High

Montgomery schools report all-time bests for college-level exams

Montgomery County school officials Monday announced the school system's best results on college-level Advanced Placement testing, with gains for black students and the county as a whole.

Superintendent Jerry D. Weast cited competing magazine rankings as evidence Maryland's largest system, with 139,000 students, now offers arguably the premier AP program in the nation.

Three county high schools appear on a list of the nation's top 100 from U.S. News & World Report, published online last week and based in part on AP and International Baccalaureate test performance. Weast said only the million-student New York system had as many "gold medal" schools.

Montgomery students took 25,921 AP tests this year, representing a 53 percent increase over six years. Of those tests, 18,306 earned a score of 3 or higher on a 5-point scale, a threshold for college credit.

Black students took 2,510 tests in Montgomery schools, of which 1,152 earned passing scores, another all-time high for the county.

DANIEL DE VISE (THE WASHINGTON POST)

Couple Sentenced in D.C. Tax Scam

GREENBELT, MD. | A Maryland couple has been sentenced for their involvement in a scheme to defraud D.C.'s tax office out of nearly \$50 million. Prosecutors say Patricia and Robert Steven of Harwood deposited about \$9 million in fraudulent checks from the tax office into the bank accounts of their small clothing business.

They then used some of the money to buy three Jaguars, at least two homes and jewelry. Prosecutors say the fraudulent checks were part of a scheme led by former D.C. tax office worker Harriette Walters, who stole money from the city through fake property tax refunds. Walters then funneled the money to friends and relatives. (AP)

ANNAPOLIS, MD. | WINDS FUEL MASSIVE FIRE



BLUSTERY BLAZE: Anne Arundel county firefighters battle a five-alarm blaze in Annapolis, Md., Monday morning. High winds accelerated the spread of the fire, which burned two houses down and severely damaged a third.

The Lotteries

Monday, Dec. 8

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Mid-day DC 4 **3-4-6-6**

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Mid-day Pick 4 **3-3-2-0**

VIRGINIA

Mid-day Pick 3 **6-1-9**
Evening Pick 3 (Sun.) **2-0-6**
Mid-day Pick 4 **3-0-3-0**
Evening Pick 4 (Sun.) **2-5-6-4**
Mid-day Cash 5 **8-16-17-22-33**
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Money



CALL TELL: Apple's famous veil of secrecy appears to have stretched too thin to cover thousands of Wal-Mart stores. A Wal-Mart employee on Monday confirmed the store will soon begin selling the iPhone, becoming the second independent retailer to do so.

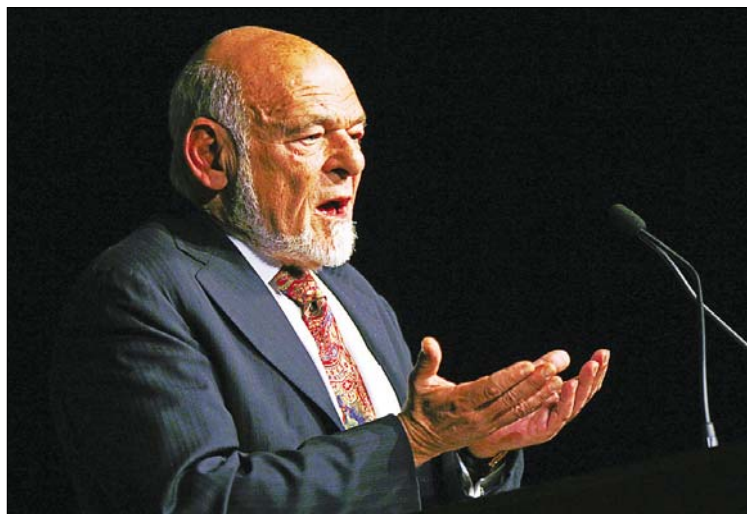
Debt Pushes Tribune to Bankruptcy

Media company seeks court protection as it battles economic slide

NEW YORK | Media conglomerate Tribune Co., smothered by \$13 billion in debt and weak prospects for generating cash through advertising, on Monday became the first major newspaper publisher to seek bankruptcy protection since the Internet began siphoning readers.

Most of the company's debt comes from the complex transaction in which the company was taken private by real estate mogul Sam Zell last year. Although Tribune's next major debt payment isn't due until June, the company has been in danger of missing financial targets set by its lenders.

The Tribune owns the Chicago



Tribune Co. Chairman and Chief Executive Sam Zell said the media company has been hammered by a "perfect storm" of falling revenue and tightened bank lending.

Cubs baseball franchise, as well as the Los Angeles Times, Chicago Tribune, The Sun of Baltimore,

The Hartford Courant and 23 television stations.

To generate additional cash —

and meet the next debt payment of \$593 million, due in June — Chicago-based Tribune has been looking to sell the Cubs, Chicago's storied Wrigley Field and the company's stake in a sports cable channel. But a tight credit market has made it tough for buyers to obtain loans.

"So, how did we get here? It has been, to say the least, the perfect storm," Zell wrote to employees. "A precipitous decline in revenue and a tough economy have coupled with a credit crisis, making it extremely difficult to support our debt."

Monday's bankruptcy filing could give Tribune time to raise cash by waiting until the credit market eases to sell off assets. It also could put additional pressure on its lenders to ease the financial targets that Tribune must meet.

VINNEE TONG AND ANICK JESDANUN (AP)

Dow to Lay Off 5,000 Workers, Close 20 Plants

NEW YORK | Dow Chemical Co. said Monday it will slash 5,000 full-time jobs — about 11 percent of its total work force — close 20 plants and sell several businesses to rein in costs amid the economic recession.

The company, one of the largest chemical makers in the world, expects the plan to save about \$700 million per year by 2010. Dow also will temporarily idle 180 plants and prune 6,000 contractors from its payroll. Exactly which workers and plants will be affected is still being determined, a company spokesman said.

The plan appeared to be well-received on Wall Street, where Dow Chemical stock jumped \$1.34, or 7 percent, to \$20.34 in afternoon trading.

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A TASTE OF ESPN





LOWERED EXPECTATIONS: Word went around town last week that NBC, ostensibly to save money, will cut back on the episodes of "Knight Rider." Instead of the expected 22 episodes, the network will produce just 17.

Entertainment

Green Light Special

It's a grand time to be singer, pianist and activist John Legend

HOT TICKET | If John Legend was your boyfriend, he'd want to slow dance and he doesn't care who sees this public displays of affection. And if that weren't enough, his favorite love song is about spending time with you — in the morning.

At least that's the scenario he presents on "Good Morning," off of his latest CD, "Evolver."

"Yeah, that song is pretty self-explanatory," said Legend in a husky morning baritone. "It's a real-life song — a lot of people know what I'm talking about — and I think that's why people like it a lot."

Legend's live shows highlight the romance, packed with moments where he steps away from his grand piano to dance with female audience members, goes down on one knee while serenading senoritas and gives them roses, hugs and kisses on the cheek. Legend's songs are about love, lovemaking and heartbreak, every one exposing intimate details.

"They're about personal experience, just living, experiencing life," he said. "I try to tell a story in my songs that people can relate to."

Legend's breakout single, 2005's narrative ballad "Ordinary People,"



SELF-FULFILLING PROPHECY: When John Stephens changed his last name to Legend, he sealed his fate. Or, it was already sealed, based on his dazzling musical talent.

was just that — a song about everyday emotion and love and how it falters, how hard it is to keep strong. Other "Evolver" songs depict pursuing an elusive girl ("Green Light" featuring Outkast's Andre 3000); giving up his previous playboy ways ("This Time"); getting dumped, but in a good way ("It's Over," with Kanye West); and finding his one true love ("No Other Love," showcasing U.K. singer Estelle, who tours with Legend).

But in addition to his smooth vocals, bravado and style, there's plenty of substance to Legend's craft — and to him as a person. His various philanthropic efforts include the Show Me Campaign to fight poverty through fostering sustainable development in Africa, where he's adopted the village of Mbola in western Tanzania. And during the Democratic National Convention this summer he performed the resounding debut of his Barack

Obama-inspired "If You're Out There" — a call-to-action anthem, which discusses poverty and what young people, such as Legend, 29, can do about it, while also putting pressure on politicians to make a difference.

"It was great to be there for such a historic moment," he said. "To be part of it was an honor. I felt the song was really appropriate for the moment that we're in and I was really happy to perform it there."

Legend was born John Stephens, and taking a stage name such as Legend is bold. But it's not arrogance on JL's part; just confidence in his music. His accolades speak for themselves: multiple-platinum albums, five Grammys, and after toiling around as a session writer and musician for the likes of Lauryn Hill, Alicia Keys and Jay-Z, he now has his pick of the litter when it comes to who he wants to perform for him — bringing in West, Brandy and Andre on "Evolver."

"I feel like I only want to work with people who are the best at what they do," he said. "Everything I do I want it to be high quality, every bit of music that I'm part of I want it to be exceptional. I want it to be great." ALFREDO FLORES

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AND THEN THERE WERE THREE: Will "Wall-E" be one of the chosen few?

Animated Films Get Shortlisted

NODS | This year, only three animated films will be nominated for an Oscar. Why so few?

According to the rules of the Academy of Motion Picture Arts and Sciences, a field of at least 16 entries is required to get a full slate of five nominees. There are just 14 contenders this year, which drops the nominating options to three.

Among the submitted films are the Japanese entries "The Sky Crawlers" and "Sword of the Stranger"; "Dragon Hunters"; "Dr. Seuss' Horton Hears a Who!"; "Madagascar: Escape 2 Africa"; "Kung-Fu Panda"; "Igor"; "Fly Me to the Moon"; "\$9.99," and Ari Folman's documentary, "Waltz With Bashir." Three of the other contenders are "Wall-E," "The Tale of Despereaux" and "Bolt." (LOS ANGELES TIMES)

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Entertainment



DROPPING LIKE FLIES: The “Girls Next Door” apparently aren’t the only women in Hugh Hefner’s life who are going their separate ways. Christie Hefner, Hugh’s daughter, is stepping down as the chairman and CEO of Playboy Enterprises after two decades.

A Feliz Navidad for Messing

The redhead stands out in cross-cultural Christmas comedy

GUESS WHO’S COMING? | “This is the time of year where families are supposed to come together, love each other and sing Kumbaya around the fire,” asserts Debra Messing. “Of course, that’s always the hope. But in reality, there’s the anxiety, a little dread, and then, you know, the drama happens.”

It’s the drama and the inherent comedy within that makes family

holiday celebrations perfect fodder for Hollywood.

Messing, the perky redhead best known for her Emmy-winning role on “Will & Grace,” stars in the comedy “Nothing Like the Holidays,” opening Friday. In it, she plays Sarah, a high-powered New York attorney who joins her husband on a holiday visit to his Puerto Rican family in Chicago.

As the only non-Latino in the Rodriguez household, Messing’s Sarah is the odd-girl out. Hard as she tries to fit in, she is reminded constantly of her outsider status.

The main sticking point is that she has put career ahead of family, which doesn’t sit well with her mother-in-law, played by veteran actress Elizabeth Pena.

“I’ve never played a part like this before,” she says. “That was one of the things that drew me to the part.”

Surrounded by a cast of talented Hispanic actors, Messing truly felt like an outsider when she first arrived on set.

“People were speaking Spanish, which I didn’t understand,” she recalls. “They were telling jokes

with references that went over my head.”

After a short time, Messing found a way to fit in.

“I found my inner Latina,” she says, exaggerating the “t.”

“Nothing Like the Holidays” presented the actress an opportunity to work with actors she’d long admired, like Pena and Alfred Molina (who plays her father-in-law), as well as those with whom she had worked with before, like Freddy Rodriguez (who plays her war-hero brother-in-law). ANGELA

DAWSON (ENTERTAINMENT NEWS WIRE)



Debra Messing as Sarah, a (gefille) fish out of water with her in-laws.

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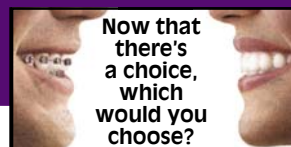
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Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
PUNISHER: WAR ZONE (R) - ID REQ'D (1115 200 445) 730 1015
CADILLAC RECORDS (R) - ID REQ'D (1100 145 430) 715 1000
AUSTRALIA (PG-13) (1115 100 245 445) 630 830 1015
TRANSPORTER 3 (PG-13) (1200 230 500) 745 1035
FOUR CHRISTMASSES (PG-13) (1145 200 300 430 530) 700 800 920
OC: FOUR CHRISTMASSES (PG-13) (1230 PM) 1030 PM
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (1100 130 415) 710 955
BOLT (PG) (1240 PM 330 PM)
QUANTUM OF SOLACE (PG-13) (1130 215 500) 650 745 930 1040
TWILIGHT (PG-13) (1250 345) 640 950
ROLE MODELS (R) - ID REQ'D (1215 245 515) 815 1045
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1100 115 400) 630 845

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
PUNISHER: WAR ZONE (R) - ID REQ'D (1130 215 500) 745 1030
CADILLAC RECORDS (R) - ID REQ'D (200 445) 730 1015
NOBEL SON (R) - ID REQ'D (145 430) 715 1000
FOUR CHRISTMASSES (PG-13) (1130 1230 200 300 415 515) 700 815 950 1050
AUSTRALIA (PG-13) (1230 415) 630 815
OC & DA: AUSTRALIA (PG-13) (300 PM) 1000 PM
TRANSPORTER 3 (PG-13) (1145 215 430) 800 1015
TWILIGHT (PG-13) (1245 145 335 445) 645 745 930 1030
BOLT (PG) (1200 115 230 345 500) 630 730 940
QUANTUM OF SOLACE (PG-13) (1215 245 525) 800 915 1040
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (130 400) 645 915

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (115 415) 700 945
NOBEL SON (R) - ID REQ'D (145 415) 715 1000
PUNISHER: WAR ZONE (R) - ID REQ'D (215 500) 745 1015
OC & DA: AUSTRALIA (PG-13) (200 PM) 900 PM
FOUR CHRISTMASSES (PG-13) (130 230 400 500) 630 730 900 1000
AUSTRALIA (PG-13) (100 430 530) 800
TRANSPORTER 3 (PG-13) (215 445) 715 945
TWILIGHT (PG-13) (100 200 345 445) 645 745 930 1030
BOLT (PG) (145 245 430 530) 700 930
QUANTUM OF SOLACE (PG-13) (115 345) 630 800 915 1030
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (130 400) 645 915

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Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (1130 1230 200 300 430 530) 720 815 1000 1050
PUNISHER: WAR ZONE (R) - ID REQ'D (1200 230 500) 745 1030
NOBEL SON (R) - ID REQ'D (120 425) 715 1020
FOUR CHRISTMASSES (PG-13) (100 315 540) 750 1010
RW & DA: FOUR CHRISTMASSES (PG-13) (130 405) 625 840 1055
TRANSPORTER 3 (PG-13) (1155 140 215 400 440) 615 700 830 945
AUSTRALIA (PG-13) (1210 345) 710 1035
RW & DA: AUSTRALIA (PG-13) (150 PM) 605 PM 930 PM
BOLT (PG) (1145 140 210 355 435) 615 655 835 920
TWILIGHT (PG-13) (1150 245 445 535) 725 830 1020 1055
QUANTUM OF SOLACE (PG-13) (1140 1215 220 250 455 525) 735 800 1000 1045
THE BOY IN THE STRIPED PAJAMAS (PG-13) (1220 235 450) 705 925
ROLE MODELS (R) - ID REQ'D (1205 1245 225 255 510) 735 955
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (110 350) 610 825 1050
SECRET LIFE OF BEES (PG-13) (145 420) 650 935

ROYALE STADIUM 14

6505 America Blvd. Hyattsville, MD 301-864-3456

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (1210 235 510) 735 1010
NOBEL SON (R) - ID REQ'D (1250 320) 700 945
PUNISHER: WAR ZONE (R) - ID REQ'D (1205 330) 650 940
FOUR CHRISTMASSES (PG-13) ★ (1230 235 510) 715 930
RW & DA: FOUR CHRISTMASSES (PG-13) (100 310 535) 745 1015
TRANSPORTER 3 (PG-13) (1215 1255 240 315 515 545) 730 805 955 1025
AUSTRALIA (PG-13) (105 430) 755 950
BOLT (PG) (1200 1240 225 300 500) 655 725 920
TWILIGHT (PG-13) (1255 400) 735 1005
QUANTUM OF SOLACE (PG-13) (1220 250 525) 800 1030
ROLE MODELS (R) - ID REQ'D (1225 255 520) 740 1000
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1235 245 455) 710 925

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 559#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
TRANSPORTER 3 (PG-13) (1215 245 515) 745 1010
AUSTRALIA (PG-13) (1200 330) 700 1020
FOUR CHRISTMASSES (PG-13) (1220 240 510) 730 950
TWILIGHT (PG-13) (100 220 400 520) 700 745 1000 1030
BOLT (PG) (1230 200 250 415 500) 630 720 845 930
QUANTUM OF SOLACE (PG-13) (1240 210 300 440 530) 710 800 940 1030
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (100 310 520) 730 940

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (115 230 330 500) 600 730 830 1015
PUNISHER: WAR ZONE (R) - ID REQ'D (245 515) 745 1030
FOUR CHRISTMASSES (PG-13) (115 230 330 445 545) 710 800 915 1015
TRANSPORTER 3 (PG-13) (100 215 315 445 545) 715 815 945 1030
AUSTRALIA (PG-13) (215 PM) 600 PM 915 PM
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (200 430) 700 930
BOLT (PG) (100 300 515) 730 1000
TWILIGHT (PG-13) (210 500) 745 1015
QUANTUM OF SOLACE (PG-13) (100 310 545) 815 1030
ROLE MODELS (R) - ID REQ'D (415 PM) 1000 PM
SOUL MEN (R) - ID REQ'D (145 PM) 715 PM
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (215 430) 645 900

GALLERY PLACE STADIUM 14

701 Seventh St. NW 800-FANDANGO 1721#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (1200 235) 520 800 1035
PUNISHER: WAR ZONE (R) - ID REQ'D (1140 215) 455 740 1020
OC & DA: AUSTRALIA (PG-13) 315 PM 1015 PM
FOUR CHRISTMASSES (PG-13) (1200 1250 200) 325 415 535 630 750 900 1015
AUSTRALIA (PG-13) (1145 1245) 445 645 830
TRANSPORTER 3 (PG-13) (1210 240) 505 730 1000
TWILIGHT (PG-13) (100 400 710 955
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (1150 210 435) 650 915
QUANTUM OF SOLACE (PG-13) (1220 130 300) 425 545 720 810 1005 1040
ROLE MODELS (R) - ID REQ'D (1215 245) 515 755 1025
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1205 220) 435 700 925
RACHEL GETTING MARRIED (R) - ID REQ'D (1250 350 655 940

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

NOBEL SON (R) - ID REQ'D (155 440) 725 1020
PUNISHER: WAR ZONE (R) - ID REQ'D (210 500) 740 1030
FOUR CHRISTMASSES (PG-13) (145 225 410 450) 635 715 900 940
AUSTRALIA (PG-13) (1240 230 420) 610 800 935
TWILIGHT (PG-13) (100 200 400) 700 1010
QUANTUM OF SOLACE (PG-13) (115 420 505) 650 750 1000
THE BOY IN THE STRIPED PAJAMAS (PG-13) (110 445) 735 1010
ROLE MODELS (R) - ID REQ'D (120 430) 710 945
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (130 355) 620 845

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (130 210 415 455) 700 740 945 1025
PUNISHER: WAR ZONE (R) - ID REQ'D (150 435) 720 1005
NOBEL SON (R) - ID REQ'D (220 515) 800 1040
OC: FOUR CHRISTMASSES (PG-13) (400 PM) 850 PM
FOUR CHRISTMASSES (PG-13) (135 235 500) 620 725 950
TRANSPORTER 3 (PG-13) (120 405) 650 750 935 1035
AUSTRALIA (PG-13) (230 330) 610 710 955
BOLT (PG) (255 PM 525 PM)
TWILIGHT (PG-13) (1240 340) 640 940
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (155 425) 710 940
QUANTUM OF SOLACE (PG-13) (100 200 345 445) 630 730 915 1015
ROLE MODELS (R) - ID REQ'D (115 400) 635 910
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (125 350) 625 845

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (1255 335) 715 955
NOBEL SON (R) - ID REQ'D (110 355) 700 940
PUNISHER: WAR ZONE (R) - ID REQ'D (1200 230 510) 800 1030
RW & DA: FOUR CHRISTMASSES (PG-13) (1210 225 450) 720 945
AUSTRALIA (PG-13) (1225 405 530) 745 910
TRANSPORTER 3 (PG-13) (115 410) 735 1010
FOUR CHRISTMASSES (PG-13) (105 330) 620 850
BOLT (PG) (1220 120 250 350) 605 655 840 935
TWILIGHT (PG-13) (1230 130 315 420) 630 730 915 1020
QUANTUM OF SOLACE (PG-13) (1200 100 240 340 515) 645 750 925 1035
ROLE MODELS (R) - ID REQ'D (1240 325) 635 905
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1205 1250 220 310 445) 705 930

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (1245 405) 705 1010
NOBEL SON (R) - ID REQ'D (125 425) 725 1015
PUNISHER: WAR ZONE (R) - ID REQ'D (1150 100 230 350 510) 650 750 940 1030
FOUR CHRISTMASSES (PG-13) (1130 1220 110 150 240 330 410 450 540) 620 710 800 840 935 1020
AUSTRALIA (PG-13) (1200 200 400) 610 810 945
TRANSPORTER 3 (PG-13) (1205 230 450) 745 1035
OC & DA: TWILIGHT (PG-13) (430 PM) 1010 PM
BOLT (PG) (1140 1230 210 300) 630 900
TWILIGHT (PG-13) (1210 130 310) 635 720 930
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (120 420) 730 1000
QUANTUM OF SOLACE (PG-13) (1250 340 440) 640 740 920 1025
THE BOY IN THE STRIPED PAJAMAS (PG-13) (105 345) 615 855
ROLE MODELS (R) - ID REQ'D (1225 250) 700 1005
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (1145 1240 220 325 445) 635 725 850 950

FOX STADIUM 16

22875 Crawford Plz. Ashburn, VA 703-957-1035

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
NOBEL SON (R) - ID REQ'D (130 415) 715 950
PUNISHER: WAR ZONE (R) - ID REQ'D (210 440) 740 1020
RW & DA: FOUR CHRISTMASSES (PG-13) (1230 240 450) 720 940
AUSTRALIA (PG-13) (1250 310 420) 645 750 1015
TRANSPORTER 3 (PG-13) (115 340) 640 920
FOUR CHRISTMASSES (PG-13) (140 350) 620 850
BOLT (PG) (1245 210 320 430) 610 710 840 930
TWILIGHT (PG-13) (110 220 400 510) 700 800 1000
QUANTUM OF SOLACE (PG-13) (100 230 330 500) 600 730 830 1005
THE BOY IN THE STRIPED PAJAMAS (PG-13) (120 345) 630 900
ROLE MODELS (R) - ID REQ'D (300 520) 745 1010
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (200 410) 650 910

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (130 430) 715 1000
PUNISHER: WAR ZONE (R) - ID REQ'D (235 510) 745 1020
FOUR CHRISTMASSES (PG-13) (110 230 320 450 535) 710 800 925 1015
TWILIGHT - DP (PG-13) (145 435) 740 1030
TWILIGHT (PG-13) (1250 350) 650 945
QUANTUM OF SOLACE (PG-13) (100 240 335 515) 615 700 750 850 935 1025
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (110 225 325 440) 710 930

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale YES MAN
Adv. Tix on Sale SEVEN POUNDS
Adv. Tix on Sale THE DAY THE EARTH STOOD STILL
CADILLAC RECORDS (R) - ID REQ'D (110 350) 730 1000
NOBEL SON (R) - ID REQ'D (1210 250) 610 840
PUNISHER: WAR ZONE (R) - ID REQ'D (1145 230 530) 800 1050
FOUR CHRISTMASSES (PG-13) (1215 145 245 400 500) 640 740 850 950
AUSTRALIA (PG-13) (1130 300) 630 910 1010
TRANSPORTER 3 (PG-13) (200 545) 810 1030
TWILIGHT (PG-13) (1230 115 330 430) 620 720 920 1020
BOLT (PG) (1245 PM 315 PM) 600 PM
BOLT 3D - \$2.50 CHARGE FOR 3D (PG) ★ (130 415) 700 930
QUANTUM OF SOLACE (PG-13) (1200 100 345 445) 650 750 940 1040
MADAGASCAR 2: ESCAPE TO AFRICA (PG) (215 440) 710 945

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BEVVY OF B-LISTERS: Lauren Holly and Luke Perry are starring in Uwe Boll's latest flick, "The Storm." In the apocalyptic thriller, Holly plays a wife and mother who must deal with the end of days — all heightened by the arrival of a mysterious stranger named Silas (Perry).

Entertainment

Like a Natural Woman

Diana Krall gives off happy, grown up vibes on 'Quiet Nights'

COMPLETE | Diana Krall describes her first record in three years as intimate, sensual — and erotic.

"I'm not coy single girl singing 'Peel Me A Grape.' I love that song

but I don't love it for me any more," Krall, 43, said from her Vancouver, British Columbia home in an interview last week. "I feel more womanly, I guess, and I think this record is a love letter but very sensual, more on the erotic side. It's definitely late night."

"Quiet Nights," to be released on March 31, is Krall's CD of new

material in three years. The sultry jazz vocalist and pianist known for her crossover appeal had twin sons with husband Elvis Costello in 2006; they turned 2 Dec. 6. Krall said she's never been happier, and the record reflects that.

The 10 songs include ballads, three recordings of songs by bossa nova legend Antonio Carlos Jobim,

and standards such as "Walk On By" by Burt Bacharach.

"It was just the greatest recording experience I've had to date," said Krall, who was inspired to make the record following a trip to Brazil last year.

"I think I've reached the best time in my life," Krall said. "I really went through some rough spots with the death of my mother (in 2002). ... But now that I have my own family, I'm working as hard as I ever worked, but I feel like I have it all." **SCOTT BAUER (AP)**



Krall, who is married to Elvis Costello, has "reached the best time" in her life.

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IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG)
1:30, 4:15, 7:00, 9:35

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 3:15, 5:40, 8:05

THE BOY IN THE STRIPED PAJAMAS (PG13) 1:45, 4:25, 6:50, 9:40
PUNISHER: WAR ZONE (R) 1:15, 2:30, 4:20, 5:20, 7:20, 8:20, 10:15
AUSTRALIA (PG13) 4:00, 7:40
AUSTRALIA (PG13) 1:40, 5:25, 9:00
FOUR CHRISTMASSES (PG13) 1:20, 2:40, 3:45, 5:00, 6:15, 7:35, 9:05, 10:05
TRANSPORTER 3 (PG13) 2:35, 5:15, 7:25, 8:00, 10:00
BOLT (PG) 2:15, 4:55, 7:25, 9:55
TWILIGHT (PG13) 1:25, 2:05, 4:15, 4:50, 7:55, 9:50
QUANTUM OF SOLACE (PG13) 1:00, 2:00, 3:40, 4:40, 6:20, 7:15, 9:10, 9:50
MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:20, 4:45
ROLE MODELS (R) 1:20, 4:05, 7:00, 9:30
SOUL MEN (R) 1:50, 4:35, 7:30, 10:05
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:35, 4:30

AMC SELECT
CADILLAC RECORDS (R) 1:10, 2:10, 4:10, 5:10, 7:10, 8:10, 10:10
NOBEL SON (R) 1:05, 4:00, 6:45, 9:25
THE SECRET LIFE OF BEES (PG13) 7:10, 9:45

AMC COLUMBIA MALL 14
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IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG)
1:55, 4:25, 7:00, 9:50

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 2:00, 4:40, 7:15, 9:45

PUNISHER: WAR ZONE (R) 1:30, 4:20, 7:30, 10:10
AUSTRALIA (PG13) 1:00, 5:00, 10:25
FOUR CHRISTMASSES (PG13) 2:10, 4:30, 7:05, 9:25
TRANSPORTER 3 (PG13) 1:50, 4:50, 7:40, 10:30
BOLT (PG) 12:20, 3:00, 5:40, 8:15
TWILIGHT (PG13) 1:40, 4:35, 6:10, 7:35, 9:15, 10:40
QUANTUM OF SOLACE (PG13) 2:30, 5:15, 6:15, 8:00, 9:00, 10:50
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:50, 3:15
ROLE MODELS (R) 1:35, 4:50, 7:50, 10:15
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 1:00, 3:40

AMC SELECT
CADILLAC RECORDS (R) 2:05, 4:45, 7:25, 10:10
NOBEL SON (R) 1:20, 4:15, 7:10, 10:00

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 3:00, 5:30, 8:00, 10:20

PUNISHER: WAR ZONE (R) 2:20, 4:55, 7:35, 10:20
AUSTRALIA (PG13) 3:20, 7:00, 10:30
FOUR CHRISTMASSES (PG13) 2:40, 5:00, 7:30, 9:50
TRANSPORTER 3 (PG13) 2:35, 5:05, 7:40, 10:15
BOLT (PG) 2:00, 4:30
TWILIGHT (PG13) 1:30, 4:20, 7:10, 10:00
QUANTUM OF SOLACE (PG13) 2:05, 3:05, 4:40, 5:40, 7:15, 8:15, 9:55
QUANTUM OF SOLACE (PG13) 3:05, 5:40, 8:15
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:05, 3:15, 5:25, 7:55, 10:25
ROLE MODELS (R) 1:00, 3:10, 5:35, 8:05, 10:30
ZACK AND MIKI (R) 6:55, 9:30

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:10, 1:55, 3:50, 4:40, 6:45, 7:45, 9:40, 10:25
NOBEL SON (R) 2:10, 4:45, 7:25, 10:10

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

IMAX MADAGASCAR: ESCAPE 2 AFRICA: THE IMAX EXPERIENCE (PG)
2:25, 4:45, 7:00, 9:30

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 2:20, 4:50, 7:20, 9:40

THE BOY IN THE STRIPED PAJAMAS (PG13) 2:00, 4:20, 6:50, 9:10
PUNISHER: WAR ZONE (R) 2:05, 4:40, 7:30, 10:25
AUSTRALIA (PG13) 6:15, 9:45
AUSTRALIA (PG13) 1:00, 4:30, 7:55
FOUR CHRISTMASSES (PG13) 1:55, 2:50, 4:15, 5:15, 6:45, 7:40, 9:15, 10:10
TRANSPORTER 3 (PG13) 1:40, 2:45, 4:25, 5:20, 6:55, 7:45, 9:35, 10:15
BOLT (PG) 1:35, 4:05, 6:30, 9:05
TWILIGHT (PG13) 1:05, 3:00, 4:00, 6:00, 7:00, 9:00, 10:00
QUANTUM OF SOLACE (PG13) 1:50, 2:30, 4:30, 7:10, 8:30, 9:50
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:25, 3:55
ROLE MODELS (R) 2:40, 5:05, 7:35, 10:20

AMC SELECT
CADILLAC RECORDS (R) 1:30, 4:10, 7:05, 9:45
NOBEL SON (R) 1:45, 4:35, 7:25, 10:05

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

TRANSPORTER 3 (PG13) 3:00, 5:20, 7:40
BOLT (PG) 2:40, 4:00, 4:50, 6:30, 7:10
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 3:10, 5:40
NIGHTS IN RODANTHE (PG13) 8:10

AMC SELECT
CHANGELING (R) 4:10, 7:20
THE SECRET LIFE OF BEES (PG13) 2:30, 5:00, 7:30
THE DUCHESS (PG13) 2:50, 5:30, 8:00
RACHEL GETTING MARRIED (R) 5:05, 7:50

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

PUNISHER: WAR ZONE (R) 1:30, 4:15, 7:20, 9:50
FOUR CHRISTMASSES (PG13) 12:20, 2:50, 5:15, 7:50, 10:15
FOUR CHRISTMASSES (PG13) 12:20, 2:50, 5:15, 7:50, 10:15
TRANSPORTER 3 (PG13) 1:20, 4:20, 7:15, 9:45
BOLT (PG) 12:10, 2:25, 4:50, 7:10, 9:40
TWILIGHT (PG13) 1:05, 4:05, 7:05, 10:05
QUANTUM OF SOLACE (PG13) 1:30, 4:30, 7:00, 9:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:50, 3:10, 5:20, 7:40, 10:00
ROLE MODELS (R) 12:05, 2:35, 5:05, 7:35, 10:05
SOUL MEN (R) 12:05, 2:30, 5:00, 7:25, 9:55

AMC SELECT
CADILLAC RECORDS (R) 1:00, 2:00, 3:45, 4:45, 6:30, 7:30, 9:15, 10:15
THE SECRET LIFE OF BEES (PG13) 1:10, 4:10, 7:10, 10:10

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

THE BOY IN THE STRIPED PAJAMAS (PG13) 2:30, 5:00, 7:40
I'VE LOVED YOU SO LONG (PG13) 2:10, 4:50, 7:25

AMC SELECT
SLUMDOG MILLIONAIRE (R) 1:45, 2:45, 4:30, 5:25, 7:20, 8:05
HAPPY-GO-LUCKY (R) 2:00, 4:35, 7:15
THE SECRET LIFE OF BEES (PG13) 1:50, 4:20, 7:05
RACHEL GETTING MARRIED (R) 1:40, 4:25, 7:10

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

QUANTUM OF SOLACE (PG13) 2:45, 5:20, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 12:50, 3:15, 5:50, 8:15, 10:35

PUNISHER: WAR ZONE (R) 12:20, 2:50, 5:30, 8:00, 10:30
AUSTRALIA (PG13) 12:35, 4:00, 5:05, 7:30, 8:40, 10:55
FOUR CHRISTMASSES (PG13) 12:30, 1:45, 2:45, 4:10, 5:25, 6:30, 7:50, 8:45, 10:15, 10:55
TRANSPORTER 3 (PG13) 12:55, 3:20, 5:45, 8:05, 10:25
BOLT (PG) 2:00, 4:35, 7:05, 9:30
TWILIGHT (PG13) 12:20, 1:40, 3:10, 4:30, 5:55, 7:20, 8:50, 10:05
QUANTUM OF SOLACE (PG13) 12:30, 1:35, 3:00, 4:25, 5:35, 7:10, 8:25, 9:50, 11:00
MADAGASCAR: ESCAPE 2 AFRICA (PG) 12:40, 1:50, 2:55, 4:05, 6:15, 8:35, 10:45
ROLE MODELS (R) 1:00, 3:25, 5:55, 8:20, 10:50

AMC SELECT
CADILLAC RECORDS (R) 1:55, 4:40, 7:15, 9:55
NOBEL SON (R) 12:25, 3:05, 5:40, 8:10, 10:40

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

PUNISHER: WAR ZONE (R) 2:50, 5:30, 8:00
AUSTRALIA (PG13) 3:10, 6:50
FOUR CHRISTMASSES (PG13) 3:20, 5:40, 7:50
TRANSPORTER 3 (PG13) 2:00, 4:30, 7:40
BOLT (PG) 1:40, 4:10, 7:00
TWILIGHT (PG13) 1:45, 4:45, 7:45
MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:30, 5:00, 7:30

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D
BOLT IN DISNEY DIGITAL 3D (PG) 2:20, 4:50, 7:20, 9:40

THE BOY IN THE STRIPED PAJAMAS (PG13) 1:40, 4:05, 6:35, 9:00
PUNISHER: WAR ZONE (R) 2:15, 5:05, 7:45, 10:15
AUSTRALIA (PG13) 1:00, 4:30, 5:30, 8:00, 9:05
FOUR CHRISTMASSES (PG13) 2:30, 4:40, 6:55, 9:10
FOUR CHRISTMASSES (PG13) 1:25, 3:45, 6:10, 8:25, 10:45
TRANSPORTER 3 (PG13) 2:05, 4:35, 7:25, 9:55
BOLT (PG) 1:20, 3:40, 6:00, 8:20, 10:40
TWILIGHT (PG13) 1:10, 2:35, 3:55, 5:20, 7:05, 8:05, 9:50
QUANTUM OF SOLACE (PG13) 1:05, 2:25, 3:35, 4:55, 6:05, 7:30, 8:35, 10:00
MADAGASCAR: ESCAPE 2 AFRICA (PG) 1:15, 2:50, 3:40, 5:00, 5:55, 8:10, 10:25
ROLE MODELS (R) 1:45, 4:15, 7:00, 9:30
HIGH SCHOOL MUSICAL 3: SENIOR YEAR (G) 2:40

AMC SELECT
CADILLAC RECORDS (R) 1:50, 4:25, 7:10, 9:45
NOBEL SON (R) 1:35, 4:10, 7:00, 9:35
CHANGELING (R) 7:15, 10:20

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

AUSTRALIA (PG13) 2:35, 6:15
FOUR CHRISTMASSES (PG13) 2:05, 4:40, 7:25
BOLT (PG) 2:15, 4:35, 7:15
QUANTUM OF SOLACE (PG13) 2:00, 4:45, 7:30
MADAGASCAR: ESCAPE 2 AFRICA (PG) 2:10, 4:30, 7:00

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- ☐ Sleep Problems
- ☐ Appetite or weight changes
- ☐ Lack of concentration
- ☐ Feelings of anger or guilt

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Television



TOUGH TO CLASSIFY: ABC has filled another spot in its midseason schedule with reality series "Homeland Security USA." The one-hour program documenting the efforts of security agents around the country will premiere Jan. 6.

Manhunters and Robbers

A&E profiles the task force after America's most dangerous

HOT ON THE TRAIL | Considered by many to be the very first narrative movie, the 15-minute feature "The Great Train Robbery" entranced audiences in 1903, and people have been watching cops and robbers ever since.

The reality series "Manhunters: Fugitive Task Force" (10 p.m., A&E) adds little to the genre, but it does feature a few memorable real-life characters with Brooklyn and Bronx accents as thick as a pastrami sandwich.

Based in New York but called to action all over the country, the task force goes after the most dangerous criminals at large. They



The New York-based fugitive task force searches for criminals nationwide.

were part of the hunt for the DC-area sniper, and Tuesday they go from Brooklyn to Los Angeles after the ringleader of a gang

called the Jamaican Spray Posse, an organization that touts more than 1,400 homicides.

Big-budget movies and shows tend to glamorize police work as a loud and precise ballet of interdependent actors and agencies each meshing with perfect timing. Real life doesn't work like that. In "Manhunters," we see agents crowd around a hotel-room door with guns drawn and adrenaline pumping. Then the chief announces that his electronic room key doesn't work. "It doesn't flash green," he complains. It's an almost comic anticlimax. Later, we see a convoy of SUVs try to ferry agents to a showdown in the same hotel lobby. But they have to make a U-turn and cross six lanes of highway to get there. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

ON TV TONIGHT

HAPPY HOLIDAYS!

A teen collapses during a Christmas pageant on **HOUSE** (8 p.m., Fox).

SO CAN SILLY PUNS

The surfing scene can be murder on **THE MENTALIST** (9 p.m., CBS).

PUT THE PIECES TOGETHER

A fatal bus accident presents a gruesome puzzle on **FRINGE** (9 p.m., Fox).

MAD, BRILLIANT

"Independent Lens" (10 p.m., PBS) presents the documentary **DOC**, a profile of novelist Harold Louis "Doc" Humes ("Men Die"), who co-founded the Paris Review and whose descent into paranoia mirrored his times. The film was produced by his daughter.

CATTY CHRISTMAS

The lazy feline kicks back on a **GARFIELD CHRISTMAS SPECIAL** (10:30 p.m., Family).

HEFTY LINEUP

Jay Leno hosts Kate Beckinsale, Sean Combs, Sara Bareilles and Ingrid



Catch Hugh Laurie on "House" and on "Late Night with Conan O'Brien."

Michaelson on **THE TONIGHT SHOW** (11:35 p.m., NBC).

THE DOCTOR IS IN

Hugh Laurie, Joel McHale and the Gaslight Anthem are booked on **LATE NIGHT WITH CONAN O'BRIEN** (12:35 a.m., NBC). **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

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Great Talents Play Alike

A duo of Norwegian artists unite on Millennium Stage

FOR MORE of our conversation with bassist Eivind Opsvik, visit Expressnightout.com

MUSIC | Bassist Eivind Opsvik had to move to the U.S. to really kick off his collaborative relationship with saxophonist and fellow Oslo, Norway, native Håkon Kornstad.

"The first time we met was back in '95 or '96," Opsvik said. "I was playing at a private party, and Håkon came in through the basement window. After that, we played on a few different occasions in Norway, but strangely enough it was after I moved to New York that we started the musical connection we have today."

Opsvik moved to New York City in 1998, and in the past decade he's gained much praise for his work



Eivind Opsvik, above, and Håkon Kornstad are Oslo natives who connected stateside.

with a long list of jazz artists, including star guitarist Bill Frisell, as well as with his own group, Overseas. Kornstad, meanwhile, has been

one of the most celebrated young musicians back in Europe, mixing electronica and jazz in his group Wibutee, as well as working as a

solo artist, and playing with fellow modern-music minds such as pianist Håvard Wiik and guitarist Eivind Aarset.

But despite their physical distance, when Opsvik and Kornstad do get together they share a deep musical chemistry. "Håkon has been coming to NYC quite frequently over the last 10 years," Opsvik said. "Every time, we've done gigs together, but [Wednesday at the Kennedy Center] will be our first duo concert."

What the twosome doesn't have yet, however, is a CD. "We have been talking about recording here in New York for a long time," Opsvik said, "[so] maybe next year." Then again, maybe the key to finally making that album is back in that basement in Oslo. **CHRISTOPHER PORTER (EXPRESS)**

→ *Kennedy Center, Millennium Stage, 2700 F St. NW; Wed., 6 p.m., free; 202-467-4600. (Foggy Bottom)*

thescene



Maryland native Eric Hutchinson performs at the Birchmere on Wednesday.

WEDNESDAY

Eric Hutchinson: This artist gives an upbeat, soulful performance. Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$20; 703-549-7500.

Rekindling the Chanukah Flames:

Author Meredith Jacobs leads classes that connect to the holiday. Sixth and I Historic Synagogue, 600 I St. NW; 7 p.m., free, reservations required; 202-397-7328. (Gallery Place)

Graham Colton: The singer of hit song "Best Days." Jammin' Java, 227 Maple Avenue East, Vienna; 7 p.m., \$17-\$20; 703-255-1566.

THURSDAY

Second Thursday Art Night: The Torpedo Factory stays open late. Torpedo Factory Art Center, 105 N. Union St., Alexandria; 6-9 p.m., free; 703-838-4565.

The Nutcracker: The Joffrey Ballet dazzles. Kennedy Center, 2700 F St. NW; through Sun., various times, \$47-\$150; 202-467-4600. (Foggy Bottom)

Sound of the City: Musicians and vocalists freestyle. Bohemian Caverns, 2003 11th St. NW; 8 p.m., \$5; 202-299-0800. (U St.-Cardozo)

FRIDAY

The Hall Monitors: Bluesy garage rock. Quarry House Tavern, 840I Georgia Ave., Silver Spring; 301-587-8350.

The Christmas Revels: The 26th annual show from the Washington Revels. Lerner Auditorium, 730 21st St. NW; though Sun., various times, \$12-\$45; 202-723-7528. (Foggy Bottom)

Explore our searchable list of the area's events, venues, restaurants and movies at expressnightout.com/thescene.

topstops



Punk Rock Triple Threat

Two decades have passed since the heyday of the Clash, but Joe Strummer and co. are not going to be forgotten any time soon. Rated by Rolling Stone as one of the 100 Greatest Artists of All Time, The Clash has firmly

entrenched its place among the industry's most celebrated musicians.

Despite the band's permanent hiatus, you will have a chance to spend a tonight with the Clash when the Black Cat screens a triple bill of films about the band. With documentaries "Let's Rock Again!" and "The Future is Unwritten," as well as the rockumentary "Rude Boy," The Clash will once again rock the stage.

THOMAS FLOYD

→ *Black Cat, 1811 14th St. NW; 8:30 p.m., free; 202-667-4490. (U St.-Cardozo)*

She Shoots, She Scores



If the photography world had such a thing as a rock star, Annie Leibovitz would be it. Whether she's shooting Yoko Ono or Barack Obama, her big name collaborators signifies one thing: She's kind of a big deal too. Miss her sold-out talk at the Corcoran last night? You have one more opportunity to catch the shuttbug when she discusses her book, "Annie Leibovitz at Work," tonight. Word on the street is tix are hard to come by. Our advice: Stand outside and beg those attending to scalp theirs for a higher price. Who knows? If you look desperate enough, maybe you'll catch the photographer's eye when she arrives. **k.c.**

→ *Sixth and I Historic Synagogue, 600 I St. NW; 7 p.m., \$16 (sold out); 202-397-7328.*



Ride on a Slow Boat to China

If you were a child watching television in the 1990s, you remember Rockapella. They were poets of the generation, and here is their magnum opus: "She'll flim-flam every nation. She's a double-dealing diva with a taste for thievery. Her itinerary's loaded up with moving violations. Tell me where in the world is Carmen Sandiego?" Perhaps at their Christmas concert, Santa Claus will become an international criminal. **F.Z.**

→ *Strathmore, 5301 Tuckerman Lane, North Bethesda; 8 p.m., \$21-\$55; 301-581-5100. (Grosvenor)*

Compiled by Express' Kris Coronado and Fiona Zublin. Read more of their picks every day at expressnightout.com/topstops.

Sports



HOME ON THE RANGE: Colt McCoy won't win the BCS title and he may not take home the Heisman, yet the starting quarterback is already ensuring a second shot at both. The star confirmed he'll return to Texas for his senior season.

Redskins Leave Baltimore Harmed

Loss to Ravens gets worse with news that Samuels is out for year

REDSKINS | With their season hanging on a precipice, the Washington Redskins will approach their final three games without Chris Samuels, their best offensive lineman who suffered a season-ending injury in Sunday night's loss to the Baltimore Ravens. Jon Jansen, the tackle opposite Samuels who is the Redskins' longest-tenured player, is also doubtful for next weekend's game against Cincinnati, leaving the offense with a stitched-together line at a time when a single loss will all but eliminate Washington from playoff contention.

"We have to hold our team from getting so frustrated they pack it in," Jim Zorn, the team's rookie head coach, said yesterday. "I don't see this as a team that, in any situation, has that sense of packing it in. ... Now, I think we've become more fragile with our confidence.

"We've got to get our confidence [back]. ... If we can get some success, I think we'll rebound."

In order to do that in their final three games — at Cincinnati, home against Philadelphia, and then at San Francisco — the Redskins will



Chris Samuels leaves the field grasping his injured right arm Sunday night against the Ravens. Samuels' injury leaves Washington's offensive line short-handed.

have to figure out a way to increase their productivity without Samuels, the left tackle who will have surgery to repair a torn triceps muscle in his right arm. Samuels was injured while pass blocking on the first play of the fourth quarter of Sunday's 24-10 loss in Baltimore. The five-time Pro Bowler, who has struggled with a nagging knee injury all season, will be replaced by Stephon Heyer, a second-year player who won the starting right tackle job during training camp but was later beaten out by Jansen.

Jansen suffered a sprained medial collateral ligament in his left knee against the Ravens. The 10-year veteran will be monitored during the week and has not been ruled out against Cincinnati, but both the front office and coaching staff were preparing to play without both tackles against the Bengals.

If Jansen can't go, Zorn said 11-year veteran Jason Fabini, who has been active in only four games this season, would take his spot at right tackle. Rookies Chad Rinehart, a third-round pick who has yet to play in an NFL game, and Devin Clark, an undrafted free agent who Zorn said the team will likely activate from the practice squad, would provide competition at the position.

BARRY SVRLUGA (THE WASHINGTON POST)

Swengali

COLLEGE HOOPS | BY MATT SWENSON

Headliner Needed In Local Tourney

THIS PAST WEEKEND, Verizon Center played host to three college basketball games featuring only local teams. Sadly, only one — Virginia Tech vs. Navy — was competitive. Even worse, just two of the games were part of Sunday's BB&T Classic.

The timing of Georgetown's romp over American Saturday appears to be mere coincidence. Yet it underscores what a great day it would be if all of the area powers would meet in a tournament of some kind.

Of course, that means Georgetown and Maryland need to bury the hatchet. The D.C. region's best two programs — though the Terps' claim as such could be slipping at this rate — haven't played inside the Beltway since 1992.

Georgetown vs. Maryland should be the marquee game in a local event each year.

That game was at the U.S. Air Arena, Georgetown's home court at the time. Apparently, the sticking point is that coach Gary Williams feels the Hoyas owe his Terps a game in College Park.

But that's just politics. Here's what I have to say about that: Get it done.

Georgetown vs. Maryland should be the marquee game in a local event each year. They shouldn't only play in Orlando, as occurred this year in another blowout victory for Georgetown over a local rival.

The BB&T needs these teams, also. All the excitement from that tournament is gone, as evidenced by the Maryland-GW main event.

To Williams and John Thompson III: Put any contention aside and give fans something to rejoice.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Zorn Denies Portis Was 'Benched'

Coach says inability of star back to practice forced move to Betts

REDSKINS | Redskins Coach Jim Zorn said the absence of star running back Clinton Portis during all but one series in the second half of Sunday night's 24-10 loss in Baltimore was due not only to the situation in the game but to Portis' inability to practice during the previous week.

Portis, the NFL's third-leading rusher, had only one carry in the second half and finished with 32 yards, his second-lowest output of the season. His first-quarter fumble was scooped up by Baltimore safety Ed



Clinton Portis sat for most of the second half of Sunday night's loss to the Ravens. Due to injuries, the start running back hasn't practiced in more than a month.

Reed and returned for a touchdown that put the Redskins in a 14-0 hole. Portis suggested in television interviews as he came off the field that he had been "benched" for only his second fumble of the season.

Zorn reiterated Monday that was not the case, and that the coaching staff wanted to give backup Ladell Betts — who practiced last week — playing time. "What happened is, as we got down, we wanted to give Ladell a series," Zorn said. "And as he was running the ball and running routes and blocking, we gave him another series. ... We felt like he was doing just fine.

"And without Clinton practicing, and Ladell practicing all of those protection schemes and route-running, we just felt very confident that he could [perform], and he did.

BARRY SVRLUGA (THE WASHINGTON POST)

MOTHER'S SAY: Tommy Tuberville's mother, Olive, told the Opelika-Auburn News that Auburn University fired her son as football coach and that he didn't resign as the school says.



Sports

Not Underrated Anymore

Previously unheard of Sam Bradford captains Sooners' prolific attack

COLLEGE FOOTBALL | Sam Bradford was the kind of kid everyone knew and nobody noticed.

He played every sport, and played most well, but Oklahoma already had its quarterback of the future in Rhett Bomar, and Bradford just didn't have the credentials.

A three-star recruit, a middle-of-the-pack guy — that was Bradford. A Heisman Trophy candidate? No way.

But come Saturday night, there he'll be, on a stage in New York with some of college football's other top players as the sport's top individual honor is handed out. He's likely to be joined by conference rivals Colt McCoy of Texas and Graham Harrell of Texas Tech, along with Florida's Tim Tebow — last year's winner.

No longer underrated, Bradford earned his spot by shattering every school passing record and leading



Oklahoma quarterback Sam Bradford, whose father lettered for the Sooners in 1977 and '78, has broken every school passing record in his time leading the team.

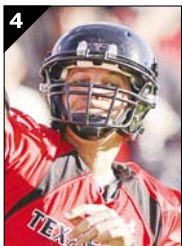
the most prolific offense college football has ever seen. In winning an unprecedented third straight Big 12 championship and earning a shot at the national title against top-ranked Florida, Bradford's Sooners broke the NCAA season scoring record and topped 60 points for the fifth straight game — the first time that's happened in major college football since 1919.

Not bad for a kid who never truly devoted himself to football until he got to college.

"Back then, I was just happy that I had the opportunity to come here and play," said Bradford, whose father, Kent, lettered for the Sooners in 1977 and 1978. "And now that I have this opportunity, I'm just trying to make the most of it."

JEFF LATZKE (AP)

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1. Texas QB **Colt McCoy** won't get a shot at the national title but should have a pretty good chance to come home from New York with some hardware. The junior has 3,445 yards passing and 32 touchdown passes. He's also amassed 576 yards and 10 touchdowns on the ground. 2. Florida QB **Tim Tebow** already has one Heisman, but this year his 28 passing touchdowns and 12 rushing scores make him a solid candidate to repeat. 3. QB **Sam Bradford** has led Oklahoma to the BCS title game with 4,463 yards passing and 48 touchdowns. 4. Texas Tech QB **Graham Harrell** is having a banner year with 4,747 yards passing and 41 touchdowns overall. (EXPRESS)

TODAY'S TV LINEUP

WIZARDS (7 P.M. ON CSN) The lowly Wizards play a team also struggling when hosting the Detroit Pistons, who are 7-8 since trading for former Georgetown star guard Allen Iverson earlier in the season.

MEN'S COLLEGE HOOPS (7 P.M. AND 9:30 P.M. ON ESPN) Two good out-of-conference games are spotlighted when Stephen Curry and No. 22 Davidson play West Virginia and No. 6 Texas squares off with No. 15 Villanova in the Jimmy V Classic in New York.

NHL (7 P.M. ON VERSUS) The Philadelphia Flyers try to add to the early season woes of the New York Islanders in an Atlantic Division contest.

SOCCER (2:30 P.M. ON ESPN2 AND 5 P.M. ON ESPN CLASSIC) Chelsea hosts CFR 1907 Cluj in London and Werder Bremen takes on FC Internazionale Milano in Champions League action.

RODEO (MIDNIGHT ON ESPN2) The sixth round of the PRCS's National Finals in Las Vegas. (Same-day tape.)

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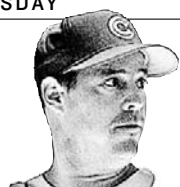


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Sports



"I appreciate everything this game has given me. It's going to be hard to walk away obviously, but it's time. I have a family now that I need to spend some more time with."

—Greg Maddux, who retired Monday after pitching 23 years in Major League Baseball, amassing 355 career wins.

Winter Meetings Open in Sin City

Sabathia, Rodriguez main names discussed at unique gathering

BASEBALL | The team names are spelled in lights on a huge board at the Bellagio Race and Sports Book, above dozens of padded brown seats: The Boston Red Sox and Chicago Cubs are 5-1 co-favorites to win next year's World Series, followed by the Los Angeles Angels and New York Yankees at 6-1.

Twenty-six teams in all are listed: Sorry, no room for San Diego, Washington, Kansas City and Pittsburgh.

Viva Las Vegas.

Welcome to a winter meetings like no other, where the lobby bar sells not hot dogs but Tzar Imperial Transmontanous caviar and foie gras terrine.

General managers, walking the marbled floors past peroxide blondes in revealing outfits, can head to a blackjack table and then go back to their suites to take a roll on a pitcher or two.



CC Sabathia, who has been courted by the Yankees, was in Las Vegas over the weekend to meet with teams looking to sign the 28-year-old left handed pitcher.

Joe Maddon, manager of the AL champion Rays, was having a discussion near some gaming tables early Monday.

CC Sabathia and Francisco Rodriguez were in town over the weekend, so teams wanting to make a bigger splash than the 1,200-noz-

zle fountains outside the hotel could get an early start on the meet-and-greet sessions.

San Diego general manager Kevin Towers indicated the Chicago Cubs were the only team currently in the running to acquire 2007 NL Cy Young Award winner Jake Peavy.

The Padres are trying to trade Peavy to trim payroll, but Towers pointed out that the Cubs might need to move some players before a deal could be struck because they recently signed pitcher Ryan Dempster to a \$52 million, four-year contract.

"At the end of this week, I'd like to know if there's enough pieces for a potential deal," Towers said.

"I don't think it's fair to our fans or our ballclub to drag this thing on."

Detroit and Texas completed the first trade of the session. The Tigers acquired catcher Gerald Laird from the Rangers in a deal that sent right-handed pitching prospects Guillermo Moscoso and Carlos Melo to Texas. RONALD BLUM (AP)



Gordon, a nine-time All-Star, won five World Series with N.Y. and Cleveland.

Veterans Vote Joe Gordon Into Cooperstown

BASEBALL | Joe Gordon joined former teammates Joe DiMaggio, Lou Gehrig and Bob Feller in the Hall of Fame. For the likes of Joe Torre, Jim Kaat and Ron Santo, it was another shutout.

Gordon was elected Monday by a 12-member Veterans Committee composed of Hall members and historians that studied pre-1943 players. A nine-time All-Star, the late second baseman won five World Series titles with the New York Yankees and Cleveland. (AP)

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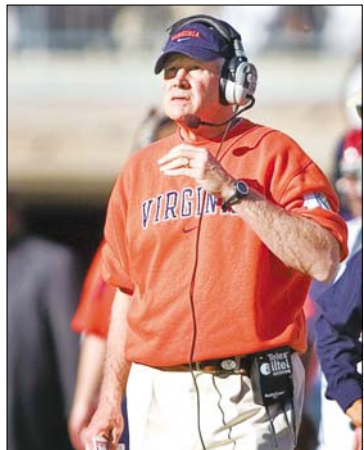
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Sports



Al Groh led the Cavaliers to a 5-7 year while failing to qualify UVA. for a bowl.

Virginia Shakes Up Staff

2 assistant coaches and Groh's son resign after disappointing season

CAVS FOOTBALL | Al Groh will be back for ninth season as the football coach at Virginia, but his son Mike, the offensive coordinator the past three seasons, will not.

Mike Groh was among three assistant coaches who resigned in a shakeup brought on by his father's annual review, Al Groh said in a statement Monday. He said assistant head coach and defensive backs coach Steve Bernstein would retire and defensive line coach Levern Belin intended to pursue other opportunities.

"There are no scapegoats here," Al Groh said in the statement after commending the coaches for their commitment to the university. "The head coach is responsible for the team."

The changes come less than a week after Al Groh himself was told, for the second time in three years, that the school was declining to add another year to his contract. The Cavaliers were 5-7 in 2006 and 2008, each time failing to qualify for a bowl game. Groh got the additional year in 2007 after Virginia was 9-4 and played in the Gator Bowl. HANK KURZ JR. (AP)



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Sports



MAJOR PAIN: D.C. United forward Jaime Moreno is recovering from surgery for a sports hernia. Moreno, MLS' career scoring leader with 122 goals, had the operation on Saturday in Munich, Germany. He is expected to recover in time for preseason next year.

Slumping AU in 'Critical' Condition

Eagles eager for break after a blowout defeat against No. 19 Hoyas

AU HOOPS | Never has a group of college students ever looked so forward to final exams.

Yet that's where American's men's basketball team has fallen in the past three weeks.

Coming off their first appearance in the NCAA Tournament, the Eagles are mired in a slump that has coaches and players alike grateful that there is a brief lull in the schedule.

"It's a critical time for us," head coach Jeff Jones said after Saturday's 73-49 loss to No. 19 Georgetown. "The exam break comes at a good time."

The defending Patriot League champions slipped to 4-4 with the blowout defeat at Verizon Center, and have lost three straight. Even the team's last win — at Stony Brook on Nov. 25 — was deemed a lackluster effort by the players.



American's Derrick Mercer goes to the basket against Georgetown on Saturday. American only scored 12 points in the first-half of a 73-49 loss at Verizon Center.

"The past four games, we haven't played like we wanted to," star guard Garrison Carr said. "It's showing up in practices, as well. We're not playing as a team as well as we are capable of."

It wasn't supposed to be this way for the Tenleytown school, which next plays Dec. 17 at George Washington.

Spurred by last year's success and the return of his starting back-

“Right now, we are very discouraged where we are.”

JEFF JONES, AU COACH

court — Carr and Derrick Mercer — Jones built a difficult schedule including a season-opening defeat at Oklahoma and Saturday's game against Georgetown.

Jones said the final score was less concerning in the Georgetown game than his team's execution. "Maybe we had too much respect for them," the coach lamented.

The big question for American is whether it will improve after playing top-tier teams like Georgetown or not.

"That remains to be seen what lessons we learn from this," Jones said. "Right now, we are very discouraged where we are."

MATT SWENSON (EXPRESS)

T'Wolves Fire Wittman, Name McHale Coach

NBA | Randy Wittman was fired as coach of the Minnesota Timberwolves on Monday, two days after an embarrassing 23-point loss at home to the last-place Los Angeles Clippers. Kevin McHale, vice president of basketball operations, took over as coach.



Wittman

The Timberwolves (4-15) are in the midst of a five-game losing streak in which the average margin of defeat has been nearly 17 points. "There were certain goals and expectations that we had for this team at the start of the season, and we have not lived up to them," Timberwolves owner Glen Taylor said.

This was the fourth NBA coaching firing this season following P.J. Carlesimo (Oklahoma City), Eddie Jordan (Washington) and Sam Mitchell (Toronto). (AP)

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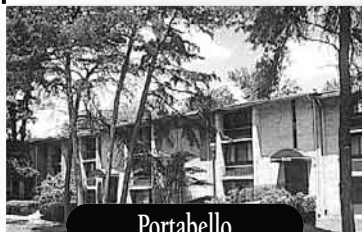
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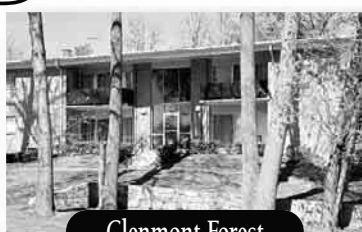
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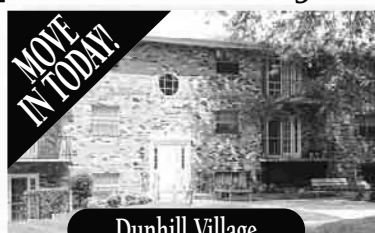
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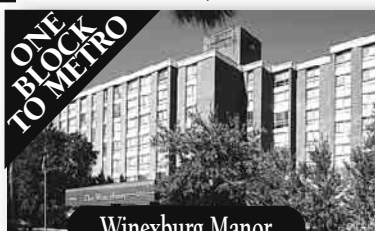
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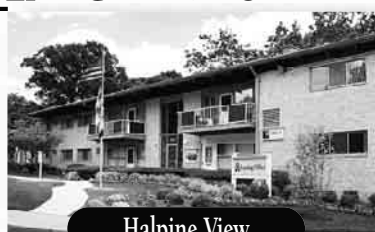
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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Streisand,
Bush exchange
kisses | **34**



Blog Log: How to stay tan during winter | **32**

Discussions: Tackling holiday dilemmas | **32**

Science

Doctors test a new method for treating heart attack patients

It took five mighty shocks to get Cynthia Crawford's heart to start beating again after she collapsed at Ochsner Clinic in New Orleans, La., a few weeks ago. A dramatic rescue, to be sure, yet it was routine care she could have had at any hospital.

What came next, though, was not.

As she lay unconscious, barely clinging to life, doctors placed her

each year.

"It's extremely appealing" because the cooling system is non-invasive and can be used in an ordinary hospital room, said Dr. George Sopko of the National Heart, Lung and Blood Institute, which is paying for this first-of-a-kind study.

Animal research suggests it will help, "but we need the hard evidence" from human tests to know, he said.

Heart attacks occur when an artery gets blocked, depriving the heart muscle of oxygen and blood, and causing part of it to die. But the damage doesn't happen all at once — cells die off slowly, sending chemical messages that make neighboring cells do the same. Cooling the



PHOTOS BY JUDI BOTTONI/AP

Very Cool Aid

in an inflatable cocoon-like pool that sprayed her naked body with hundreds of icy cold jets of water, plunging her into hypothermia.

"Like jumping in the North Sea," said the cardiologist leading her care, Dr. Paul McMullan.

Days later, Crawford was recovering without the brain damage she might have suffered.

For years, doctors have tried cooling people to limit damage from head and spinal cord injuries, strokes and even prematurity and birth trauma in newborns.

It's also used for cardiac arrest, when a person's heart has stopped. In January, New York will join several other cities requiring ambulances to take many cardiac arrest patients to hospitals that offer cooling.

Now doctors will be testing a new and dramatically speedier way of doing this for a much more common problem — heart attacks, which strike a million Americans

Surgeons use cooling during open-heart surgery, and it is recommended for cardiac arrest patients.

body to around 90 degrees from its usual 98.6 slows this down.

"Tissue that would have died, were it not cooled, can stay alive," McMullan explained.

Cooling has been around — you may have heard of it last year when it was used experimentally on Buffalo Bills football player Kevin Everett's spinal cord injury. Doctors pumped frigid saline into his veins to reduce inflammation and give things a chance to heal.

Half a dozen companies sell tools to do this — tubes that go into

veins or the belly cavity, fancy ice bags and gel packs, blankets with cold saline inside, fans blowing cold air over patients, even a skullcap to cool the head.

Surgeons use cooling now during open-heart surgery, and promising results from a few studies several years ago led the American Heart Association to recommend it for cardiac arrest patients, whose hearts have stopped.

That's too pokey for treating heart attacks, where doctors must move at warp speed.

The only big study of cooling for heart attacks — 392 patients given cold saline through a big vein — failed to show benefit, said its leader, Dr. William O'Neill, executive dean of clinical affairs at the University of Miami's Miller School of Medicine.

However, the cooling was only a few degrees and took an average of 75 minutes.

"We believe the reason the trial



BIG CHILL: A patient is cooled in a ThermoSuit at Ochsner Hospital in New Orleans, La., top, where doctors are testing cooling treatments for heart attack patients.

didn't work is they didn't cool them fast enough," McMullan said.

Which is why doctors at Ochsner have high hopes for the ThermoSuit, made by Life Recovery Systems in Waldwick, N.J.

A pump rapidly inflates the pool-like suit until it puffs up tightly around the patient as doctors Velcro on a plastic topsheet. Tubes spray naked patients with frigid water as other tubes drain it away.

The clinic has not yet had the type of heart attack patients called

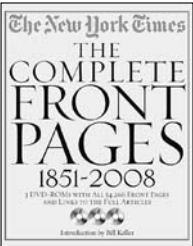
for in the new study. But McMullan has used the suit on 12 cardiac arrest patients, like Crawford, and cooled them to around 90 degrees in as little as nine minutes, typically in about half an hour.

"That's fabulous and that is very quick. That's the kind of speed we're going to need" for this to be practical and useful, said Dr. Lance Becker, a University of Pennsylvania doctor and Heart Association spokesman who has led cooling experiments in animals. MARILYNN MARCHIONE (AP)

express
nightout >>EXPRESSNIGHTOUT.COM

CD REVIEWS
Common Pavement

Tuesday sees the release of two delayed CDs. Katherine Silkaitis reviews “Universal Mind Control,” the latest from hip-hop star Common. Meanwhile, Afton Lorraine Woodward evaluates the deluxe reissue of Pavement’s fourth album, “Brighten the Corners: Nicene Creedence Edition.” | COMING UP

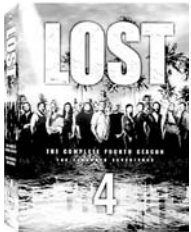


BOOKS
Record of Papers

“The New York Times: The Complete Front Pages” chronicles the evolution of the paper’s front page from 1851-2008. Katherine Silkaitis spoke to Times Washington bureau chief Dean Baquet, who will join several Times editors and reporters on Tuesday to discuss the book at the Smithsonian. | COMING UP

TELEVISION
Becoming Lost

As the years have passed, the outlandishness of “Lost” hasn’t. To prepare for season five of the twist-crazy series, which premieres on ABC in January, and celebrate season four on DVD, Roxana Hadadi names the five bizarre plot elements that she wishes the show would just explain. | COMING UP



poll center YESTERDAY’S RESULTS AS OF 5 P.M.

SHOULD HEALTHY PEOPLE BE ALLOWED TO TAKE PILLS TO IMPROVE THEIR BRAIN FUNCTION?



“Will they accept the risks? Or will they file class action lawsuits when some side effect surfaces? Remember the women who felt the need to put silicon bags inside their bodies?”

COMMENTER BRAD2, RESPONDING TO MONDAY’S POLL CENTER QUESTION, “SHOULD HEALTHY PEOPLE BE ALLOWED TO TAKE PILLS TO IMPROVE THEIR BRAIN FUNCTION?”

“If they want to take pills to improve their brain functions, fine! However, we’ve got plenty of pills that claim to [help you] lose weight, help male enhancement, etc.”

COMMENTER RON THE DON, WHO ADDED, “IT AMAZES ME HOW PEOPLE EXPECT SOME PILL TO BE THE SOLUTION TO [THEIR] PROBLEMS.”

“Absolutely YES! I am a very healthy person. Can you imagine how much more insightful I would be if I were to take such pills?”

COMMENTER ZORA HOPKINS, WHO ADDED, “PEOPLE SUCH AS ME WHO HAVE DEMONSTRATED THEIR INTELLECT OUGHT TO BE ALLOWED TO INCREASE OUR INTELLECT EVEN MORE.”

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog
LOG

“I love newspapers and hope things will turn around, but the outlook has never been [more grim.]”

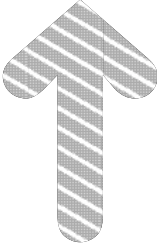
FREEWHEELINGSPIRIT.BLOGSPOT.COM COMMENTS ON NEWS OF THE TRIBUNE COMPANY FILING FOR BANKRUPTCY, ADDING, “I FIRST NOTICED THAT NEWSPAPERS WERE IN TROUBLE WHEN EVENING PAPERS ALL ACROSS THE COUNTRY DISAPPEARED.”



JASON DEGWIAJ

“Every year I am seduced by a pop star swathed in red satin or smiling through snow flakes ... the new Christmas CDs are on sale.”

SUBURBANFIZZ.COM HAS A SOFT SPOT FOR NEW CHRISTMAS SONGS, ADDING, “DECENT ALBUMS ARE HARD TO FIND [THOUGH]. SOME ARE SURPRISINGLY SUB-PAR.”



“I try to tan smart, if there is such a thing. First off, I never tan outside. Ever. The sun is a harsh mistress, so I always wear at least 30 SPF on my face and body. Winter, summer, it doesn’t matter. You will never see me outside without sunscreen.”

CAPITOLHILLSTYLE.WORDPRESS.COM HAS SOME TIPS FOR TANNING SAFETY.

“AREN’T ATMS supposed to be for the convenience of quick transactions so you don’t actually have to go into the bank? Why do I always seem to get behind the person who’s decided that they can renegotiate their mortgage rate at the drive-through?”

GILAH-BLOG.BLOGSPOT.COM IS TIRED OF SPENDING SO MUCH TIME AT CASH MACHINES.

Discussions

Holiday Dilemmas

EMILY YOFFE, better known as the woman behind Slate’s advice column, ‘Dear Prudence,’ was online Monday to help readers solve their stickiest holiday problems.

My parents, in-laws and siblings are already fighting over the 72 hours I have at home. I want to make time to see friends with whom I get together every year. How do you deal with guilt-tripping relatives, particularly the moms?

Before you go home, tell your family that you’ve scheduled a couple of visits with old friends and when you’ll be gone, then explain you’ll be around the rest of the time. If [they] know

what to expect, there may be less drama.

I have a group of friends who get together at Christmas and do a gift exchange — everyone brings one gift worth about \$25 and then the fun ensues. I don’t want to end their fun, but I don’t want to have to put out another \$25 as the cost of playing. What to do?

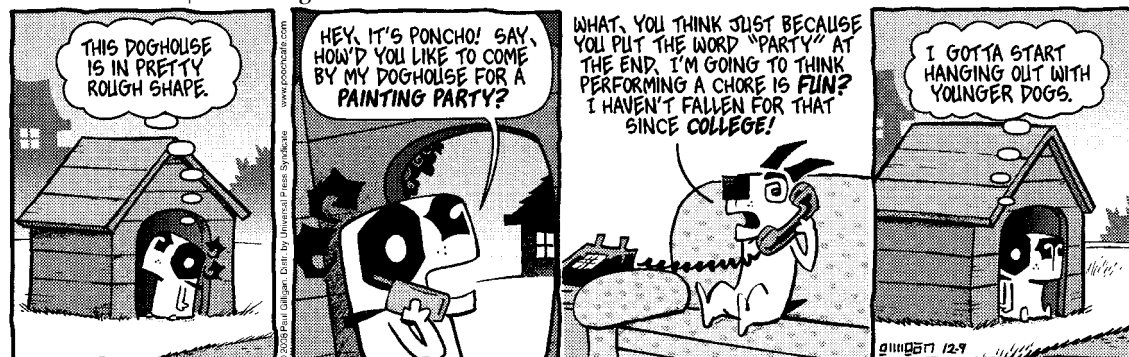
Just explain to the group that you’d love to come, but the entry tab would bust your budget, so you’re going to give cookies. It may inspire everyone to lower the gift fee. Or if they are really fanatics on this \$25 gift tab, say you’d love to join them, but when the gifts start being exchanged, you’ll happily watch as a spectator.

I am a Muslim man who is dating a Christian lady. She has invited me to spend Christmas with her and her

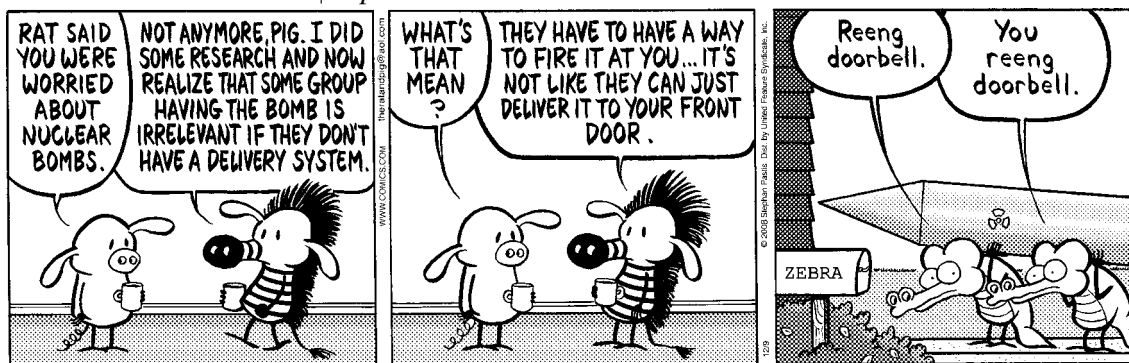
family this year. I have never celebrated Christmas and would feel uncomfortable celebrating it now. How can I handle this knowing that this will be an issue every year and an even bigger issue if we ever get married and have kids? Help!

If you’re thinking about getting married, you need to work this out before you do — and certainly before you have kids. The question of what religion to observe is not just a Christmas issue, but it’s particularly loaded then. But attending your girlfriend’s festivities does not mean you are abandoning your own religion, just that you acknowledge she has a different faith, and you are happy to share this happy occasion with her.

TODAY ON DISCUSSIONS: Real Simple’s Kate Parker gives advice on stress-free holiday gift-shopping, decorating and entertaining at noon. | washingtonpost.com/discussions.

Bizarro | *Dan Piraro***Cornered** | *Mike Baldwin***Pooch Cafe** | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) Be precise in your communication with others; leave no room for misinterpretation. Choose your words with care.

CAPRICORN (Dec. 22-Jan. 19) Irritations are unavoidable, but you can use them to your advantage in the long run and open a door to a new opportunity.

AQUARIUS (Jan. 20-Feb. 18) Opposites do indeed attract, but you were best to mix and mingle with those who share your ambitions and outlook.

PISCES (Feb. 19-March 20) Work well with what you have, and you'll arrive at an idea that may well send you off in a new and highly successful direction.

ARIES (March 21-April 19) You're being a little too fickle; it's time to accept more of that which usually rubs you the wrong way.

TAURUS (April 20-May 20) Your focus must become sharper and more specific; though you understand the big

picture, you may be missing some of the details.

GEMINI (May 21-June 20) Control your ego, or you're sure to bring upon yourself a little too much criticism of the wrong sort.

CANCER (June 21-July 22) Don't object to the plans of a youngster; rather, you were best to guide them carefully along a more sensible path.

LEO (July 23-Aug. 22) Physical coordination and stamina will be required, and you must be willing to focus entirely on the completion of a single task.

VIRGO (Aug. 23-Sept. 22) Study the effects of your own interaction with others. You have a great deal to learn about how such dynamics affect your progress.

LIBRA (Sept. 23-Oct. 22) You may have to surrender to someone in order to end a private conflict—but you can do so without making too much of a sacrifice.

SCORPIO (Oct. 23-Nov. 21) A combination of time and physical resources must be right for you to take full advantage of a door that has just been opened for you.

Letters

'Happiness' Study Flawed

DESPITE WHAT THE article in Friday's Express states, cheer is not necessarily infectious. Do the authors of the "happiness" study expect us to believe that people will migrate to an unhappy person, and

then that person becomes happy? That's ridiculous. People migrate to those who are already happy, in which case this study is much less newsworthy. These researchers, as many scientists normally do, need to re-evaluate what is a cause and what is an effect in their social networks study.

—KHALID ROSENBAUM
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1608 English poet John Milton is born in London.

1987 The first Palestinian uprising, begins as riots break out in Gaza and spread to the West Bank.

1992 Britain's Prince Charles and Princess Diana announce their separation. (Their divorce became final Aug. 28, 1996.)

1998 Republicans on the House Judiciary Committee draw up four proposed articles of impeachment against President Bill Clinton, all stemming from his sexual relationship with Monica Lewinsky and



Charles and Diana separated in 1992.

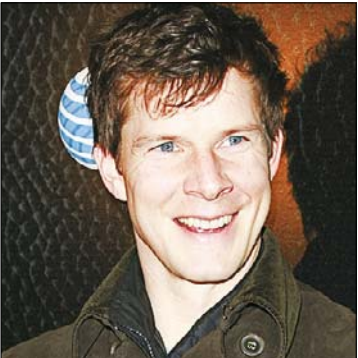
long campaign to cover it up.

2007 A young man once affiliated with a missionary school shoots nine people at a school near Denver and a megachurch in Colorado Springs; four victims died and the gunman, Matthew Murrah, killed himself.

LOOK

out

People



NEILSON BARNARD/GETTY IMAGES

Who's your daddy? Eric Mabius, silly.

PARENTHOOD

Guy Foots Second Delivery Room Bill with 'Ugly' Dough

ERIC MABIUS has become a dad for the second time with wife Ivy Sherman. The "Ugly Betty" star welcomed a baby boy on Monday. Rylan Jaxon Mabius is the second son for the pair, who had now 2-year-old Maxfield Elliot in June 2006. (AP)

NEWSY NEWS

Power of Free Bagels and French Roast Unchallenged



CNN's "Late Edition" is about to get a makeover, with JOHN KING taking over from Wolf Blitzer, the Sunday newscast's anchor for 10 years. The four-hour block will focus on politics, world affairs and media. (AP)



SAUL LOEWI/AP/GETTY IMAGES

SMOOCHED

Eww, Cooties!

BARBRA STREISAND got an awkward kiss on the cheek from the president, and yes, she gave him a smooch back. Streisand, a vocal critic of President George W. Bush, was a guest Sunday at the White House just before one of Washington's few A-list events: the Kennedy Center Honors. "Art transcends politics this weekend," the longtime Democrat said beforehand. (AP)



AUCTIONS
Short Letters Expected To Post Big Numbers

An original handwritten outline for the REV. MARTIN LUTHER KING JR.'s first speech condemning the Vietnam War owned by his friend Harry Belafonte is going on the auction block this week. Sotheby's will offer the document

Pre-sale estimate for King docs is \$1.13 million.

for sale Thursday along with two others: the scribbled notes for a speech King planned to deliver in Memphis, Tenn., three days after he was assassinated and a letter of condolence from President Lyndon B. Johnson to King's widow. (AP)

DEAD AGAIN

Studio Refuses to Bite Back

Despite voicing her desire to remain attached to the vampire franchise, "Twilight" director KATHERINE HARDWICKE has reportedly been turned down as the director of the sequel. According to the Hollywood Reporter, bosses at Summit Entertain-



ment are looking to replace the filmmaker with someone else. "Twilight" earned more than \$70 million in its first week, the biggest ever for a female director. (EXPRESS)

WINNERS

Peter Pan and Wendy Put Boot Camp to Shame

It's been an "Amazing Race." The brother-and-sister team took first place and the reality show's \$1 million prize in the finale, which aired Sunday on CBS. NICK SPANGLER, 22, said he was proud of his sister, Starr, who is a year younger. "She's been unbelievable," he said. (AP)

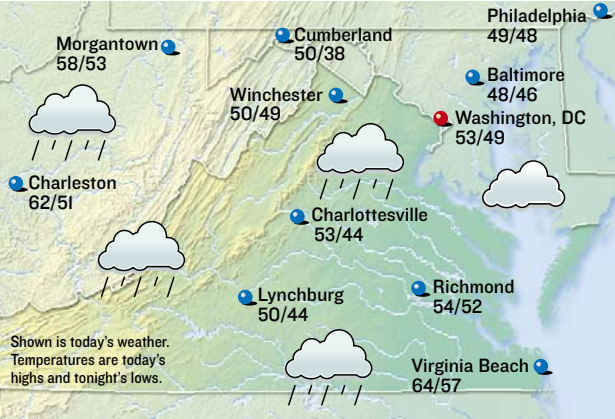


Fighting for attention across the globe.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy, milder	Cloudy, a few showers	Rain	Cloudy, rain, snow possible	Partly sunny	Mostly sunny
53°	49°	64° / 34°	38° / 27°	38° / 29°	43° / 32°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 33°
Low 22°
Normal high 49°
Normal low 34°
Average humidity 42%

Precipitation

24 hours ending 4 p.m. 0.00"
Month to date 0.04"
Normal month to date 0.80"
Year to date 43.56"
Last year to date 30.39"
Normal year to date 37.21"

For up-to-the-minute weather, see:
washingtontimes.com/weather

Regional Forecast

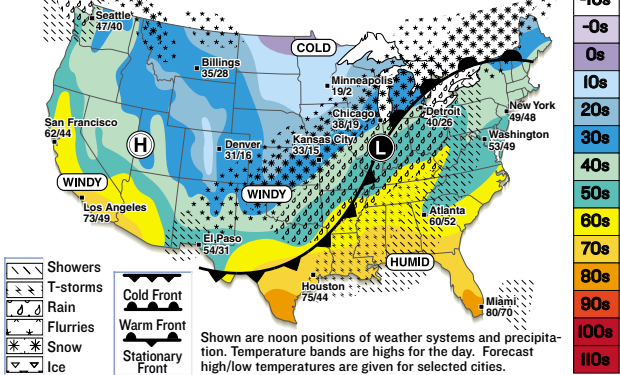
D.C. Metro: Today, mostly cloudy, milder. High 53. Wind south 10-20 mph. Tonight, mostly cloudy, showers. Low 49. Wind south 10-20 mph.

Sun and Moon

Sunrise today 7:15 a.m.
Sunset tonight 4:46 p.m.
Moonrise today 2:02 p.m.
Moonset today 3:37 a.m.



National Weather for Tuesday, December 9



National Cities

City	Today	Wed.
Atlanta	60/52/sh	57/36/r
Boston	46/42/c	57/35/r
Chicago	38/19/r	23/15/c
Dallas	57/31/r	47/31/s
Denver	31/16/sf	49/27/s
Honolulu	81/69/pc	79/71/sh
Los Angeles	73/49/s	83/50/s
Miami	80/70/pc	83/70/s
New York City	49/48/c	59/33/r
Orlando	79/64/pc	82/59/sh
Seattle	47/40/c	48/41/c

World Cities

City	Today	Wed.
Amsterdam	39/34/sh	43/36/sh
Athens	54/41/s	57/46/s
Berlin	39/30/c	36/28/c
Buenos Aires	79/64/sh	73/59/pc
Calgary	28/18/c	40/18/sf
Dublin	43/36/sh	45/37/sh
Geneva	43/38/sh	39/35/r
Moscow	37/34/r	36/30/sf
Rome	55/47/pc	55/50/r
Sydney	79/68/pc	72/63/pc
Tokyo	57/50/r	61/48/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | ADD SEASONING

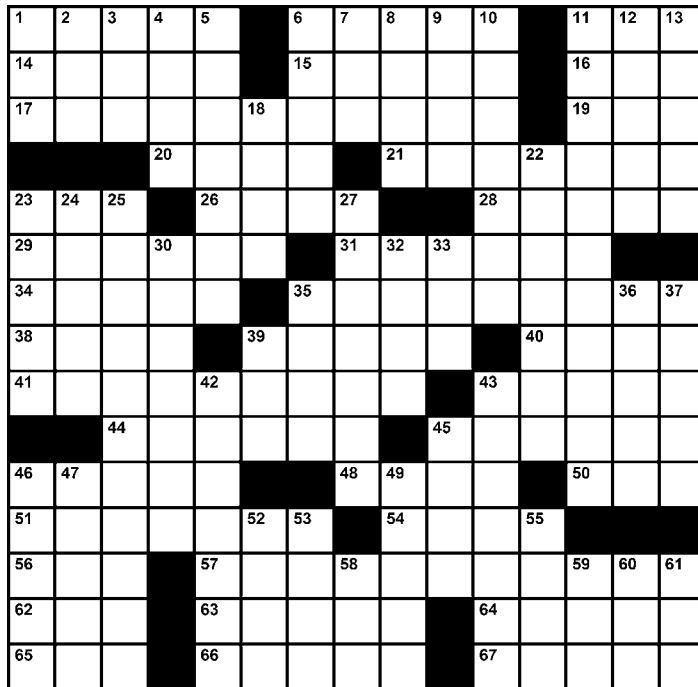
ACROSS

- 1 Made a harsh birdcall
6 Beauty's admirer
11 Wooded successfully
14 Culpability
15 Leading male in a pack
16 "Be there ____ minute"
17 Cause one to sink or swim?
19 Styron's Turner
20 Actor's ambition
21 Be apprehensive
23 Cuddly TV alien
26 Small amounts
28 Animator Tex
29 Part of SWAK
31 Where many get a tattoo
34 Adventurer's stock
35 Sports show feature
38 Bali or Elba
39 Place to get some bucks?
40 "The Sopranos" actress de Matteo
41 Emulated a well-trained dog
43 Looks through the keyhole
44 Stand in the way
45 Academy attendees
46 Farmer's measures
48 Fitzgerald's forte
50 Angus refusal
51 Ponce de Leon's discovery

- 54 Whale of an attraction
56 Sigma follower
57 Gazebo
62 One dyne per centimeter measure
63 Emulated a horse whisperer
64 To a specified time
65 Pep rally shout
66 Some produce lemons and cherries
67 Ladies and gentlemen of the jury

DOWN

- 1 Semi conductor's devices?
2 Swiss eminence
3 All's fair in it
4 Qatari leader
5 What de stenographer takes?
6 Spoke sheepishly?
7 90-degree bend
8 Barbary beasts
9 "Arms and the Man" playwright
10 A winner might do this
11 Lozenge flavor
12 Kind of personality, in the media
13 Like a smart dresser
18 "____ to help!"
22 Shunned
23 Up and buzzing about
24 Item in a flat file?
25 Fizzle, as a deal
27 Web masters
30 More suspicious



EDITED BY TIMOTHY E. PARKER

32 Like fine wine

33 Letter after pi

35 Raised, as an anchor

36 Penta plus two

37 French cup

39 Roulette option

42 Won't take "no" for an answer

43 Fix hastily and temporarily

45 Singer Vikki

46 Prefix with "shock"

47 Bow or Barton

49 Sorority members

52 Twofold

53 Contents of some barrels

55 Highly-rated

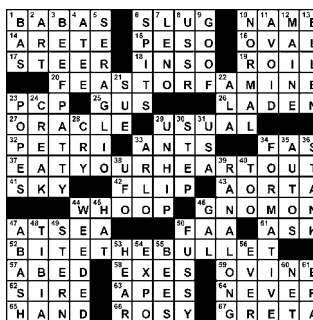
58 Chanced upon

59 Sport ____ (all-purpose vehicle)

60 Alfred Hitchcock title?

61 1997 U.S. Open winner Ernie

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

9	2	3	5	1	6	8	7	4
5	4	8	2	9	7	3	1	6
7	1	6	8	3	4	2	9	5
6	3	2	1	8	5	9	4	7
4	5	9	3	7	2	6	8	1
1	8	7	4	6	9	5	3	2
3	6	4	9	2	1	7	5	8
2	9	5	7	4	8	1	6	3
8	7	1	6	5	3	4	2	9

			2	3	4			
8		6				2		5
	4						3	
		9		5		6		
		3	8		2	1		
		8		9		3		
	6						8	
2		1				9		3
			3	1	7			

© PUZZLES BY PAPPOCOM

Help Us Have a Baby:

Loving Couple Seeks Egg Donor



I am a happily married woman with a full and interesting life. My husband and I are blessed with close and loving families with many nieces and nephews. Even though we cherish the time spent with our families, we still long for a child of our own. Luckily, I can be become pregnant, but I need an Egg Donor's help. Our dream Donor is 21-31, intelligent, fair-skinned, small-to-medium boned, with an excellent personal and family health history.

Egg Donor Needed \$8,500 COMPENSATION



We want our donor to have the best care and support and so we have chosen a small, hands-on agency instead of a big clinic. Interested? Please email my attorney at Creative Family Connections: Donors@creativefamilyconnections.com

Creative Family Connections. Providing donors and clients with personal support and understanding...every step of the process.



Trinity
School of Education



TRINITY'S TEA WITH THE DEANS

Thursday, December 11, 5:30 p.m. - 6:30 p.m.

Join us for tea and cookies with the Deans and a discussion with Dr. Amy Brereton on the topic of "The Importance of Developmentally Appropriate Teaching Practices in Early Childhood Settings." Admissions representatives will be on hand at this informal information session to answer any questions you may have.

Enroll today for classes beginning in January!
Application fees will be waived at this
December 11 event!

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Federal Contractor Informational Seminar

Federal contractors and subcontractors will be required to use E-Verify starting January 15, 2009 to verify their employees' eligibility to legally work in the United States. The new rule implements Executive Order 12989 directing federal agencies to require that federal contractors agree to electronically verify the employment eligibility of their employees.

What is E-Verify?

E-Verify is a **free** Internet-based system that gives federal contractors the ability to confirm the legal working status of their employees in seconds. E-Verify is a partnership between the Department of Homeland Security (DHS) and the Social Security Administration (SSA). E-Verify works by allowing participating employers to electronically compare employee information taken from the Form I-9 (the paper-based employee eligibility verification form used for all new hires) against more than 425 million records in SSA's database and more than 60 million records in DHS immigration databases. More than 90,000 employers use E-Verify and 1,000 new employers are joining the program each week.

Who should attend?

Federal Contractors, employers, business owners, human resource specialists, payroll administrators and others who want to learn more about E-Verify. A live demonstration of the E-Verify system and a question and answer segment will allow participants to receive a full understanding of the program and key features.

When and Where?

Attend one of these four sessions. R.S.V.P.
for the session that best fits your schedule!

Tuesday, Dec. 9, 2008 - 2:00 PM - 4:00 PM
Wednesday, Dec. 10, 2008 - 10:00 AM - 12:00 PM
Wednesday, Dec. 10, 2008 - 2:00 PM - 4:00 PM

Fairview Park Marriott
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Falls Church, VA 22042



To R.S.V.P. for a session call (202) 358-7711 or e-mail E-VerifyOutreach@dhs.gov with your name, your company's name, your phone number, and the date and time of your desired session.

To get more information or to sign up visit us at
www.dhs.gov/E-Verify

Employment Verification.



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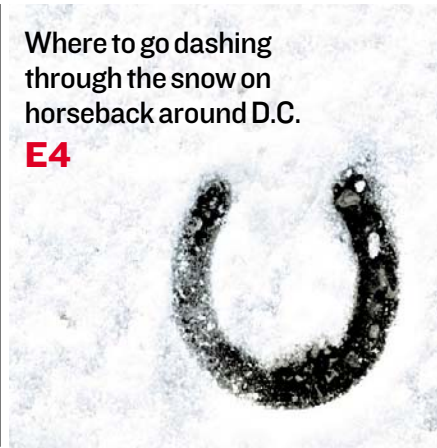
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Biceps are fine, but don't forget to work your triceps, too **E5**

Where to go dashing through the snow on horseback around D.C.

E4



Advice to keep your next ER visit a breeze **E7**

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THE TWELVE **POUNDS** OF CHRISTMAS

HOW TO SURVIVE A SEASON OF HOLIDAY AFFAIRS WITHOUT GAINING WEIGHT **E6**

BaggageCheck

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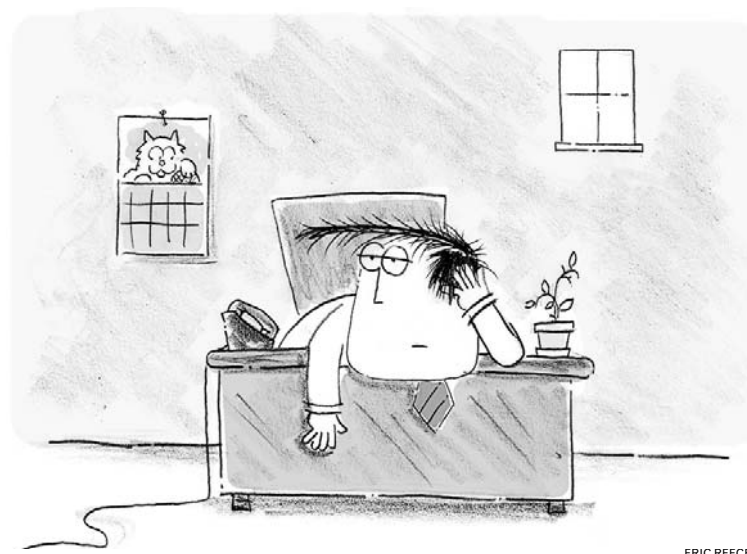


Nothing's Up At the Office

Q I am so frustrated in my career. I seem to have had a series of awful bosses that micromanage and have never let me have any autonomy. After five years in my current job, I have progressed not one inch since when I started, not in terms of title or salary. I feel like I am wasting away my 30s in a dead-end job and yet I am not motivated to change. —UNMOVING

When you think about motivation to change, you've got to first decide what needs changing. Motivation means little if it's not directed. Are you truly ready to get a new job, or are your complaints all talk — just another facet of your idling in neutral?

If you really are ready, set a realistic, specific goal of how many



ERIC REECE

resumes you'll send out. Focus on the action and the effort, not the result. To have a chance, you must decide to move the locus of control (that's what you believe is in charge, not a bug) away from your bosses and the institutionalized stagnation

and onto yourself. You can also do this by asking for more responsibility, developing your skills through extra classes or conferences and networking. Remember that your progress depends not just on luck, but on action.

How to Live With the Past

Q As a child, I was picked on often, and yet my mother always made me feel like I deserved the abuse. It's impossible to talk to her about it, because she starts screaming and crying about what a "great mother" she was, and how I never appreciated her. I know you're supposed to have a better relationship with your parents as everyone matures. Yet, my deep resentment and hatred is overshadowing the good things she's done. What can I do to mend the relationship? —HELP, PLEASE!

First, ditch the "supposed to." When it comes to parent-adult child relationships, there are few rules, except that it's generally a good idea not to sport matching body piercings.

You cannot assume that you alone will be able to fix this problem when your mother is still showing

signs of brick wall-ishness. But you also owe it to yourself to try to move forward — as much as dwelling on the harm done by parents might keep me in business, I'll admit it can be counter-productive. So be realistic. You might never get your mother to realize the ways that her actions have hurt you, but what you can do is work through your feelings and adopt strategies to prevent her from making it worse.

"Deep resentment and hatred" — those are strong words that suggest that this goes deeper than what you can tackle with some Chunky Monkey-fueled introspection. I know the suggestion to see a counselor might feel like I'm blaming you or calling you damaged, but it's the opposite — this isn't your fault, and you deserve better than to keep reliving the hurt from your past.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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REAL FOOD, FAST

Those excuses like "it's too many ingredients" or "it'll take all night to make" evaporate when you flip open "Not Your Mother's Weeknight Cooking" by Beth Hensperger (\$15, Harvard Common Press). The best part? Most dishes would make a nutritionist proud — and your dining companions happy. Try verde salmon or veggie and tofu quesadillas.

**SMALL WONDER**

No one will know if you've got a TRUE2go (\$10, Walgreens.com) hiding in your pocket. The blood glucose monitor is just the size of a quarter — which our tester loved until she realized that it takes some seriously nimble fingers to prick the skin while balancing the wee monitor and no-coding test strips.



NEW
IN HEALTH
**warm
ups**

SNOW MOTION

Snowflakes may have paid a visit to the D.C. area over the weekend, but you'll need a bit more powder to take full advantage of Crescent Moon's Magnesium 9 (\$195, Ems.com). The teardrop-shaped snowshoes are a mere three pounds, so you'll hardly notice you have them on.

**HOME BREWS**

Hard-to-find puerh teas once exclusive to southern China are in the bag. Unlike most teas, this variety is prized for its ability to improve with age, like wine or whiskey. Numi (\$9.99, Whole Foods) packages four blends: mint, magnolia, a malty-tasting "Emperor's Blend" and our fave, chocolate. We hear it stores well but we slurped ours up.

GUINEA PIG**Nip Service**

■ Now that Airborne's cold fighting powers have been debunked, what's a person supposed to do to ward off a runny nose, hacking cough and sneezing fits? Perhaps pick up Nip-It Throat Spray (\$10, Pharmacistsremedy.com). The two-ounce spray bottle boasts big benefits from its combo of B-complex vitamins, vitamin C, zinc and a "proprietary blend" (including sea salt and echinacea).

It seemed wise to give ourselves a few squirts before hopping on a potentially germ-filled bus to New York. So, as the directions instructed, we shook the bottle and sprayed twice toward the back of our throats. The color? Weirdly orange. The flavor? Minty, vitaminy and not-so-pleasant. The problem? We then noticed the warning not to eat or drink "for at least 30 minutes after use."

Still, the slightly yucky taste is better than any illness, and fingers crossed, our immune system seems to have handled whatever we encountered on the bus, the subway and even the kid-packed Herald Square Macy's. Was it the Nip-It? Who knows. But it kept us from snacking, and that's definitely healthy. vicky HALLETT (EXPRESS)

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THE MISFITS

Q When I use my elliptical, the balls of my feet hurt and feel almost numb after a while. I haven't found anything yet that really helps alleviate the pressure (shoe inserts, cut-up yoga mats). Do you have any suggestions?

■ You shouldn't need all that padding if you're wearing socks and shoes. I'd take a look at how you're using the thing — are you standing on just the balls of your feet? That's no good. You can usually fight off numbness by picking your feet up every once in a while and adjusting your position. v.h.

Q I'm thinking about getting a WiiFit for my husband for Christmas. He doesn't like to exercise that much, but he does love his Wii. My question is, does WiiFit really have any health benefits or is it just a well-marketed video game? Will it really do him any good in terms of weight loss?

■ Any movement is better than none, so if it opens the door to standing up and working on his balance and swinging his arms, it is helpful. Weight loss is another matter — that is going to likely involve dietary changes, and longer/more intense exercise than he is likely to get from the Nintendo.

Why not get it understanding that it is meant to be fun, and hope also that it will open the door not just to activities done in front of the television, but things done outside — like actual tennis or actual bowling or yoga with real other people. One of the nice things about exercise is the social aspect — it is a chance to do something with people you like. h.s.

? The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at washingtonpost.com/liveonline. Catch up on upcoming events, scientific studies and gymgoers' pet peeves.

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JORGE DELGADO

Wintertime Trail Mix

Five places where you bundle up to saddle up, even in cold weather

Who needs a sleigh to go dashing through the snow when just a saddle will do? Within two hours of D.C., more than 80 stables offer guided trail rides yearround. We spotlight four offering experiences as varied as the landscape.

Animal Farm

Judi Reinke of Marriottsville, Md., has rescued more than 100 horses as well as 30-some cats, dogs, a pig and a blind pony. And they all hang around Misty Manor, the farm she founded 40 years ago. "Anything that needs help comes here," says Judi. "Everything that runs around loose is a rescue. Our food bill is astronomical but we have fun."

One way that Reinke stays afloat is by guiding trail rides. Her farm abuts the Patapsco State Park and the Liberty Watershed and there are hundreds of miles of well-worn paths to explore.

In the wintertime the leafless landscape is far from still, and

animals like foxes and beavers are easier to spot. "Nine times out of ten we have a herd of rehabilitated deer following the horses," she says.

Novices are welcome to come for an hour (\$25), or longer. Three-hour rides (\$75) may include a warming stop at the Woodstock Inn, a casual tavern. (But everyone should bundle up in hats and Thinsulate gloves, Reinke warns).

Reservations must be made at least a day in advance: 410-781-4810, MistyManor.com.

“I recommend beginners doing half the ride. Three hours can really hurt your butt.”

Tour of Beauty

Hoof Prints in the Sand lies just west of Ocean City, Md. This eight-year-old stable run by Sandy Winter offers trail rides through the Wicomico Forest as well as seasonal excursions for members. Joining the club costs \$25, but insiders receive one free trail ride as well as \$10 off each \$50 theme ride.

Her "Winter Wonderland" tour

offered six times in January introduce riders to Whitehaven, Md., a picturesque fishing village chartered in 1685. "It's really cool — and really cold, so we enhance the experience with mulled cider," she says.

In February, Hoof Prints invites visitors to fall head over heels for Sweetheart Days, a mid-winter ride into the woods to an area favored for nesting bald eagles. Cold weather is rarely a factor. "We ride in the snow," assures Winter cheerfully. Beach rides across the dunes of Assateague Island start in April.

for younger riders.

Reservations are a must: 410-835-8814; Hoofprintstrailriding.com.

Battle Up

At Serendipity Horse Meadows in Frederick, Md., Deanna Minor offers 90-minute winter trail rides from her 140-acre farm. Give her at least one week's notice and she'll meet you with horses ready in the Gettysburg, Pa., for a three-hour ride through the battlefields. "I'd recommend beginners doing half the ride," she advises. "Three hours can really hurt your butt." Minor can accommodate as few as two riders, and as many as ten, and shares history on site.

Guided rides (\$45) are offered daily, battlefield tours are \$75; 301-514-5671.

City Slickers

Marriott Ranch in Hume, Va., in the foothills of the Blue Ridge Mountains, offers 90-minute guided rides through the 4,200 acre working cattle ranch all winter long. The rides and cost \$39 per person on the weekends, \$36 during the week. Weekend rides are best for beginners — they're walk only; advanced riders who are comfortable at a canter are welcome during the week.

540-364-3741, Marriotttranch.com. ARIN GREENWOOD

How to Get Strong Armed

Strengthen your biggest little muscle with these targeted moves

Fact: Your triceps make up more of your arm than your biceps do. Yet they often get shortchanged at the gym.

Before you can give them the attention they're due, you need to know that they're made up of three different parts — the medial, long and lateral heads. This trio works together to bend the elbow. The best way to make them stronger is to do exercises that isolate each head. The exercises here work each part of the muscle to exhaustion. Do this workout two nonconsecutive days a week and you'll notice a very sexy back-arm bump within four weeks.

Pull-Over and Press

WORKS: All three heads

Grab a 20 to 30 pound EZ Curl bar and lie faceup on a bench with your feet flat on the floor. Hold your arms straight and position the bar directly above your chest. Bend your arms and, in a slow, controlled motion, lower the bar past your head toward the floor until your arms are aligned with your ears. Bring the bar back up above your chest, then slowly lower it to your upper chest. Do three sets of 10 to 12 reps, resting



for up to 30 seconds between sets. **Note:** It's ideal to work with a spotter when performing this move.

Stability Ball Pushup

WORKS: Medial head

Get in pushup position with

your hands on the center of a stability ball. Bend your elbows, lowering yourself toward the ball. When your chest comes within an inch or two of the ball, press back up. That's one rep. Do three sets of 10 to 12 reps, resting for up to 30 seconds

between sets. And play nice with your joints: Never lock your elbows at the top of a pushup.

Kneeling Cable Extension

WORKS: Long head

Position a flat bench four to six feet away from a cable machine set at 10 to 20 pounds. Clip the rope attachment to the cable. Grab each end of the rope and — facing away from the machine — kneel on the floor about a foot in front of the bench. With your arms bent 90 degrees, lean forward from the hips and rest your elbows on the middle of the bench,

The best way to make your triceps stronger is to isolate all three heads.

shoulder-width apart. Then slowly straighten your arms until they're almost completely extended. Gently release the weight back to start. That's one rep. Do three sets of 10 to 12, resting for up to 30 seconds between sets.

Elbows-Out Extension

WORKS: Lateral head

Set an incline bench to 45 degrees. Grab a pair of 5- to 20-pound dumbbells and sit on the bench. With your palms facing away from you and your elbows out to the sides, position the dumbbells over your chest, with an end of each touching so the dumbbells form a V. Press the dumbbells toward the ceiling. Return to start. Do three sets of 10 to 12 reps, resting for up to 30 seconds between sets.

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Warming Up to Winter Walking

Top gear picks to keep you safe and comfortable for a meander in cold temperatures

LIGHT UP THE NIGHT

Tiny reflectors woven into IllumiNite's Cresta Microfleece Headband shine when a car's headlights hit them from up to 1,000 feet away. (\$20; Illuminite.com)

DON'T SLIP

The thin steel coils of the Yaktrax Pro grip snow and ice so you stay steady on slick ground. Just slide a pair over your usual walking shoes and go! (\$30; Yaktrax.com)

STAY DRY

The waterproof Keen Betty Boot shuts out slush like a snow boot but is flexible and lightweight enough to double as a walking shoe. Inside, bamboo-based insulation wicks moisture if you work up a sweat. (\$110; Keenfootwear.com)



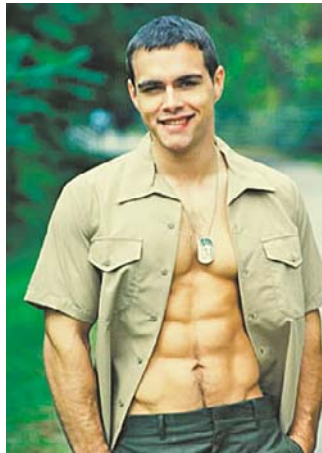
BANISH FROZEN FINGERTIPS

Wind-resistant 180s Puffy Quilt Gloves have a microfleece lining that traps heat. Bonus: Special finger pads allow you to adjust your iPod volume without baring your hands. (\$40; 180s.com)

INSULATE COLD TOES

Drymax Cold Weather Running Socks protect the tops of your feet (where wind hits first) with three ultrawarm layers, while hollow fibers throughout insulate and capture body heat. Plus, Drymax technology repels dampness, keeping feet cozy. (\$15; Drymaxsocks.com)

DANIELLE KOSECKI (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



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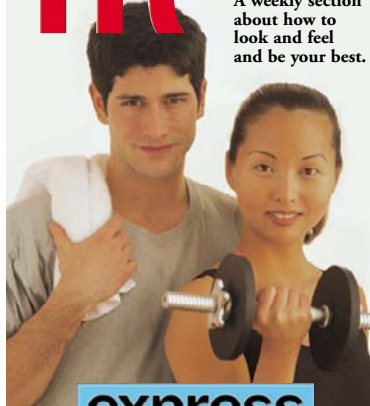
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Fight Off Jingle Belly

Tips on how to party hop all month without gaining weight

No one is ever going to mistake Arthur Frank for Santa Claus. Ebenezer Scrooge, however, seems possible.

"You have to work under two assumptions," warns the director of the George Washington University Weight Management Program (202-223-3077). "One, Christmas is a three-week-long, relentless food event. And two, anything celebratory is going to include food." His advice for partygoers watching their waistlines? "Arrive late and leave early."

It's not the jolliest view of the holiday season, but it's a realistic one for his clients — and plenty of other folks — who are hoping to get through the month without developing a fruitcake fanny. Tree-trimming affairs, menorah lightings and boozy office get-togethers aren't off limits, though, as long as you RSVP with some strategies in mind.

One of Frank's biggies is never to munch while on your feet. "You're likely talking to someone and you're not focusing your attention on the food," he says.

The problem grows when you're hovering over the cheese board, adds Katherine Tallmadge (202-833-0353, Katherinetallmadge.com), a D.C.-based dietician. "It's amazing how you can stand there snacking and not taste a bite. Those are expensive calories," she says.

Instead, fill up your plate mindfully, taking up as much room as possible with fruit salad and crudite. Then grab a seat and enjoy your meal before returning to your primary goal: socializing. The people should be the entertainment, says Frank, not the food.

Same goes for drinking — even if you belly up to an open bar. It's easy to lose track of what glass you're on, and those not-so-filling liquid calories add up. Plus, alcohol stimulates the appetite, making it tougher to resist the siren call of gingerbread men.

Kelly Bradley, who offers nutrition advice through Bradley Wellness (8305 Wisconsin Ave. NW, 202-320-



5025, Bradleywellness.com), suggests "smaller glasses and smaller sips." Or, if you can't pace yourself, Frank advocates gulping down sparkling water or diet soda.

Anyone interested in playing bartender can whip up Tallmadge's favorite winter cocktail of warmed skim milk with Bailey's or Frangelico. "You just need a little dab and it's a yummy drink," she recommends. "It's holiday cheer without the egg nog."

Keeping spirits bright is critical, lest you feel deprived. So Tallmadge says you don't need to limit yourself to raw veggies at every event as long as you plan out your schedule. "Decide which one will have the best food. You can't indulge at all the parties," she says. So opt for dinner at the affair thrown by your buddy who channels Thomas Keller, but skip the chips and cookies at the casual neighborhood bash.

Use that strategy with buffets, too. "Scout out all the offerings," Tallmadge says, so you don't take mashed potatoes when you'd rather go for the bouche de Noel.

If you suspect there won't be anything you can stomach (like, say, at

a cookie-decorating bash) Bradley recommends filling up on a salad beforehand, or popping a handful of nuts before walking in the door.

There's no need to be sneaky, however, if you can convince the host to let you bring a dish. Bradley recently won over a crowd with her zucchini hummus (lose the chick peas and it's even healthier) and kale coleslaw (go to Expressnightout.com for the recipe). Tallmadge suggests a fruit platter with a creamy dip made with fat-free Greek yogurt.

Of course, the party you can always plan for is the one you're throwing. Not only are you in charge of the menu, but also between greeting, refilling and coat finding, it's hard to find time to eat at all.

"The biggest risk is after everybody's gone home when you're cleaning up. That's when you get in trouble," Frank says. Rather than storing the leftovers in your stomach, make sure you have plastic bags and takeaway containers so you can send guests home with the rest of the goodies.

And isn't sharing what the season is all about? VICKY HALLETT (EXPRESS)

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ALCOHOL

Two Drink Maximum

■ What's the harm in going a little crazy with the boozing once in a while? Try a stroke. Finnish researchers recently reported in the journal *Stroke* that people who binge drink — six or more drinks in one sitting for men, four or more for women — are more likely to suffer a stroke even if they're teetotalers the rest of the time. Binge drinking has also been linked to heart disease. But pairing a single glass of wine with dinner seems to lower the risk. So moderation may be the best medicine.



ALLERGIES

Stick It to Sniffles

■ Allergy shots are nothing new, but maybe folks with the sniffles should consider needles of another sort. According to a German study published in the *Annals of Allergy, Asthma and Immunology*, hay fever sufferers who underwent a three-month acupuncture treatment reported a higher quality of life than the control group, who stuck with their standard treatment. The researchers aren't sure why pricks can relieve symptoms like itchy eyes, but they suspect it may have something to do with stimulating the immune system.

EXERCISE

Secretly in Shape

■ If you thought everyone in America was a lazy slob, here's some good news. A CDC publication declared last week that 65 percent of people in the U.S. met the 2008 Physical Activity Guidelines for Americans. That means they've been getting 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity per week, plus two sessions of muscle-strengthening exercises. But, uh, the results were self reported.

Survive the Emergency Room

12 simple rules for keeping your visit as brief and painless as can be

Fewer hospitals and shrinking budgets are making ERs more crowded and hectic than ever. Average wait times jumped from 38 minutes in 1997 to 56 minutes in 2006, while waits for heart-attack patients more than doubled in the same period. Here are a dozen smart strategies to ensure an ER visit that is short, easy and productive.

ASK YOUR DOC TO CALL AHEAD

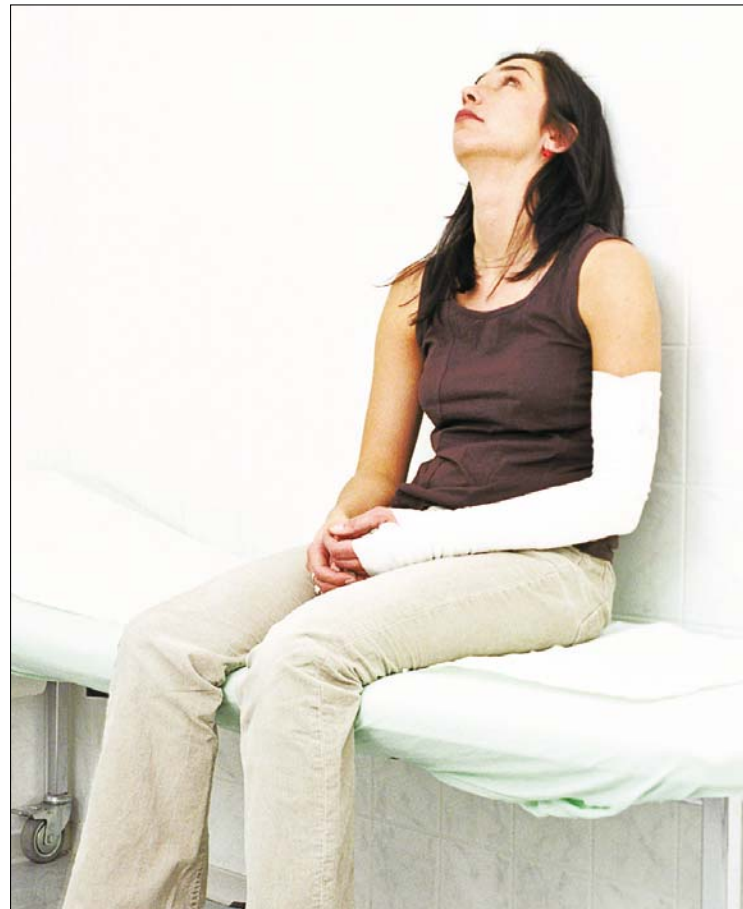
Not only can your primary-care physician alert the ER that you're on the way, but your doctor can also relay your medical history to the staff and pull strings to get you seen faster. To be ready, add your doc's after-hours number to your cell phone.

IF YOU CAN, GO EARLY

The busiest time for ERs is 7 p.m., when 20 percent of the day's patients are present, so go in the morning if you can. "If you're not feeling well, don't delay," says John Ma, chair of the emergency medicine department at Oregon Health & Science University.

GO TO YOUR HOME HOSPITAL

ER doctors at your home hospital will have access to your electronic medical records within seconds. If you are traveling or at a different hospital, tell the doctor where you usually get your treatment; your medical records can be faxed over within a few minutes, says Ma.



GETTY IMAGES

BE SPECIFIC

Describe all of your symptoms in detail to the triage nurse, the ER's traffic cop who determines the order in which people are seen. "Be specific about where it hurts and how much," says Ma. "A statement like 'I've never had chest pain this bad in my life' will get the nurse's attention."

BRING A FRIEND

"It's hard to update the triage nurse on your condition if you're in the bathroom vomiting," says Ma. If you head to a hospital alone, let a

friend or colleague know so he or she can keep track of you and be your advocate.

LEAVE THE KIDS HOME

If a hospital's emergency room isn't a wonderful place for you, it's not going to be a fun or safe spot for your kids. Leave them with relatives or a neighbor.

DON'T THINK AN AMBULANCE GUARANTEES FASTER SERVICE

Patients with nonacute problems who arrive by ambulance end up

waiting as long as patients who drove themselves to the ER, explains Assaad Sayah, chief of emergency medicine at Cambridge Health Alliance in Massachusetts.

ARRIVE WITH YOUR MEDICAL HISTORY

"Bringing a typed list of your medications, allergies and conditions can save 15 minutes of time ... and your life," says Sayah. Your primary-care physician or pharmacy can print out a list to store in your wallet.

“It's hard to update the triage nurse on your condition if you're...vomiting.”

CHECK IN WITH THE TRIAGE NURSE

Occasional, polite reminders that you are waiting will make sure you are seen. If your symptoms become worse, definitely speak up. "Patients shouldn't feel as if they're bothering the triage nurse," explains Ma.

ASK QUESTIONS

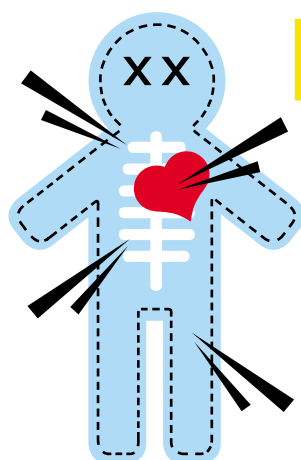
Questions such as "How long will this take?" and "What is the next step?" will let nurses and doctors know you expect to be informed and won't threaten them, says Sayah. But don't barrage your doctor with questions early on; he or she needs time to figure out your problem.

MAKE THE MOST OF FACE TIME

Because ER doctors are being pulled in five directions at once, you need to keep their attention. "If a patient who is able to get changed on his own hasn't put on a gown before I walk into his room, I'll leave and focus on other tasks or the care of another patient," says Sayah. Plus, describing all of your symptoms allows the doctor to order multiple tests at once, which can save you hours of wait time.

ASK BEFORE EATING OR PEEING

Food can complicate certain tests. And if they need a urine sample, it's better to collect it when your bladder is full. JASON STEVENSON (REPRINTED WITH PERMISSION OF BEST LIFE MAGAZINE © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do drinks you're trying to swallow come out your nose?

Do you waddle? Are your eyelids drooping? Are you a young woman or an old man? You may have myasthenia gravis, an autoimmune disease that disrupts communication between the muscles and nerves. It causes muscles moved voluntarily (not those, like the heart, that do their own thing) to weaken when used. The eyes, throat and facial muscles are often affected, as are the arms and legs. Patients sometimes lose the ability to smile, and have difficulty chewing and swallowing. There is no cure, but drugs and therapy can ease the symptoms, as can a treatment called plasmapheresis, which filters harmful cells from the blood. SOURCE: MAYOCLINIC.COM



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2008 CFC Special Edition

THE COMBINED FEDERAL CAMPAIGN OF THE NATIONAL CAPITAL AREA

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“Don’t delay—Pledge today!”
www.cfcnca.org



SPECIAL ADVERTISING SECTION

Charity Name (alphabetically)	CFC#	Page	Charity Name (alphabetically)	CFC#	Page
African Wildlife Foundation	11219	14/15	Mercy Ships International	12044	26
Alliance to Save Energy	11783	23	National Council For Adoption	12128	26
Alzheimer's Association	49577	8	National Crime Prevention Council	10854	20
American Diabetes Association	11235	11	National Forest Foundation	12053	14/15
American Red Cross - Arlington County	99248	7	National Minority AIDS Council	10557	12
American Red Cross - Alexandria	62761	7	National Parks Conservation Association	12069	14/15
American Red Cross - Loudoun County	45497	7	National Right to Life	10542	20
American Red Cross - Prince William	80217	7	Neighbor to Nation		19
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Defenders of Wildlife	10624	14/15	Veterans of Foreign Wars	10511	13
Earth Share	10252	14/15	Voice of Martyrs	10993	16
Earth Share	10252	14/15	Washington Animal Rescue League	86254	26
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Federal Employee Education and Assistance	11185	3	Washington Humane Society	58899	22
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GAVI Alliance	86528	7			
Global Impact	10187	28			
Grameen Foundation	15029	10			
Lupus Foundation	10566	6			
Manna Inc.	80363	23			

Complete Christmas Dinner for \$2.05

No one should go hungry during the Christmas season — especially when it costs so little to serve a complete meal to a hungry and homeless person.

The hearty, traditional turkey dinner that friends like you help provide is the first step in dealing with the problems of the homeless. Then comes help with addiction recovery, job training, education and spiritual renewal.

So please help someone get started toward a new life —

- \$16.40 provides 8 meals

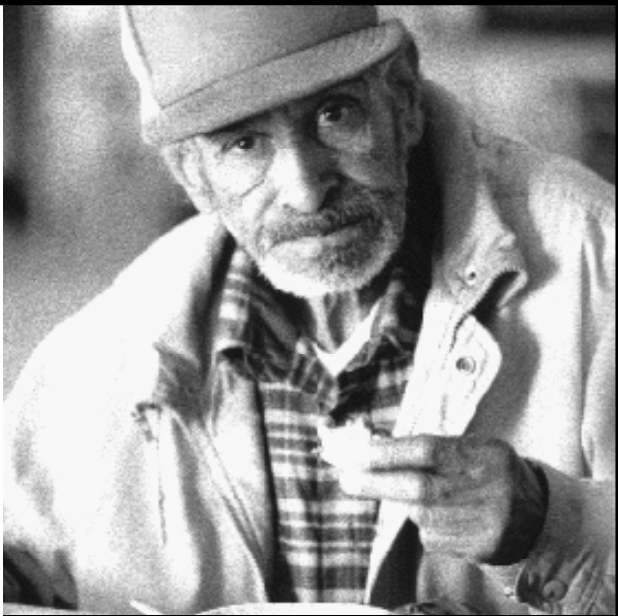
\$24.60 provides 12 meals

\$102.50 provides 50 meals
- \$51.25 provides 25 meals

\$205.00 provides 100 meals

\$_____ to help as much as possible

Just fill in the Christmas Meal Ticket below. Then mail it with your gift today. *Thank you.*



SERVING THE NEEDY SINCE 1906

YES, I want to help feed the hungry and homeless this Christmas season — as a first step to a new life.

Here is my gift of ☐ \$16.40 ☐ \$24.60 ☐ \$51.25
☐ \$102.50 ☐ \$205.00 ☐ \$_____

NAME _____
ADDRESS _____
CITY/STATE/ZIP _____

Gospel Rescue Ministries
P.O. Box 50940 Dept. YSC12, Washington, DC 20091-0940
www.grm.org

☐ Check enclosed ☐ I'd like to pay by credit card
Amount \$ _____
Card type _____ Exp. _____
Card number _____
My phone number: (_____) _____
Email address: _____

THANK YOU! You will receive a receipt. CFC #18948

CLIP AND MAIL WITH YOUR TAX-DEDUCTIBLE GIFT TODAY.

Report Lunch Focuses on Maintaining the Momentum

An overflow crowd of Combined Federal Campaign of the National Capital Area (CFCNCA) volunteers and friends—including Campaign Managers, Loaned Executives — met November 12 at the National Press Club for a report on how the 2008 campaign is progressing. This year's campaign is currently ahead of pace when compared to this point last year, but it is far from over. The focus of the event was centered on ways to maintain the momentum throughout the remainder of the fund drive.

"Looking at the calendar, we are almost at the exact halfway mark in this campaign," said Linda Washington, the Chair of the Local Federal Coordinating Committee (LFCC),



Brigadier General R. Mark Brown provides an update on the Department of Defense's 2008 CFC efforts.

which oversees the campaign. She added, "However, we are only at a little more than 20 percent of our goal,

and there is a lot of work ahead of us."

Fellow LFCC member Brigadier General R. Mark Brown of the United States Army reported on the CFC efforts of the Department of Defense. "The campaign is going fantastic," he said. "I challenge my colleagues running other cabinet departments to see which of us will be first to reach our goal this year," he added.

Reporting on the success of the United States Patent and Trademark Office's (USPTO) electronic payment system, Mariam Hooks of the Department of Commerce noted that USPTO has raised over \$380,000 so far, and more than \$300,000 of that has been pledged electronically.

Moving to the second part of the program, the event's emcee, Stan Stewart, a Loaned Executive from

the Department of Veterans Affairs, promised the audience "some ideas that you can take back to build greater momentum and go the distance, in this, the middle stage of your workplace campaign for CFC."

Next up were representatives from three Federal agencies, one each from a large, medium, and small account (based on campaign goals). They shared ideas and showed examples of ways to keep the Combined Federal Campaign fresh in people's minds.

Inez Banks-Dubose from the Department of Housing and Urban Development (HUD) stressed the importance of the involvement of executive leadership. She noted that both the Secretary and the Deputy Secretary of HUD made appearances at the department's CFC kickoff. Deputy Secretary Roy Bernadi also recorded phone messages sent to all HUD employees that stressed the importance of the campaign.

Employing a tried-and-true method of gathering a crowd, many of HUD's events have involved food. From a widely popular fish fry to ice cream

Continued on page 11

The Best The Brightest Your Kids

FEEA Annual Scholarship Competition: Merit-based scholarships for federal employees, their spouses and children. More than \$8 million awarded.

FEEA: The Only Charity Devoted Solely to Federal Families

CFC Pledge #11185

www.FEEA.org



FEEA scholarship winner Vidya with father Sathya of the Food and Drug Administration.



Awards Program Recognizes Exceptional Commitment

Each year the Combined Federal Campaign of the National Capital Area (CFCNCA) recognizes Federal departments that go "above and beyond" when it comes to marketing their CFC campaigns. Last year CFCNCA received a record 356 entries covering ten different categories in its annual Marketing and Communications Contest.

An awards recognition program was held this past March at the United States Postal Service's Ben Franklin Room. The event was co-hosted by Local Federal Coordinating Committee (LFCC) Chair Linda Washington and LFCC member Barbara Jackson. "Record results like the ones we had this past campaign are possible when a number of factors converge,"

said Washington. "Great leadership. Great campaigning. Great creativity. Great events. All of these elements help to bring out the natural altruism of Federal employees in the postal, military, and civilian organizations," she added.

In addition to honoring Federal departments and agencies for their efforts, the contest also recognizes individuals for the CFCNCA Star of the Year Award. Individuals nominated for this award are evaluated based upon two key factors: exceptional commitment to CFCNCA



LFCC Chair Linda Washington and Mike Zeigler at the 2007 Star of the Year Presentation.

activities as a Federal worker and dedicated service to community-wide volunteerism on a personal level. Campaign Mangers, Coordinators, Key-workers, Loaned Executives and others may be recognized. For 2007, three Star of the Year Award winners were select-

ed (see full list of winners on page 7).

2007 Star of the Year Award Winners

Civilian Star of the Year - Mike Zeigler - Dept. of Treasury

(Financial Management Service)

When asked to serve as this year's Campaign Coordinator Mike readily agreed to help. "It wasn't a difficult decision. The CFC is an important part of my government life," he said. One of Mike's most successful strategies for this year's campaign was something called a "Snack Attack". Mike and the co-workers on his CFC team dressed up for Halloween, a big NFC East football weekend, and Christmas, and walked around selling snacks with the proceeds going to the campaign.

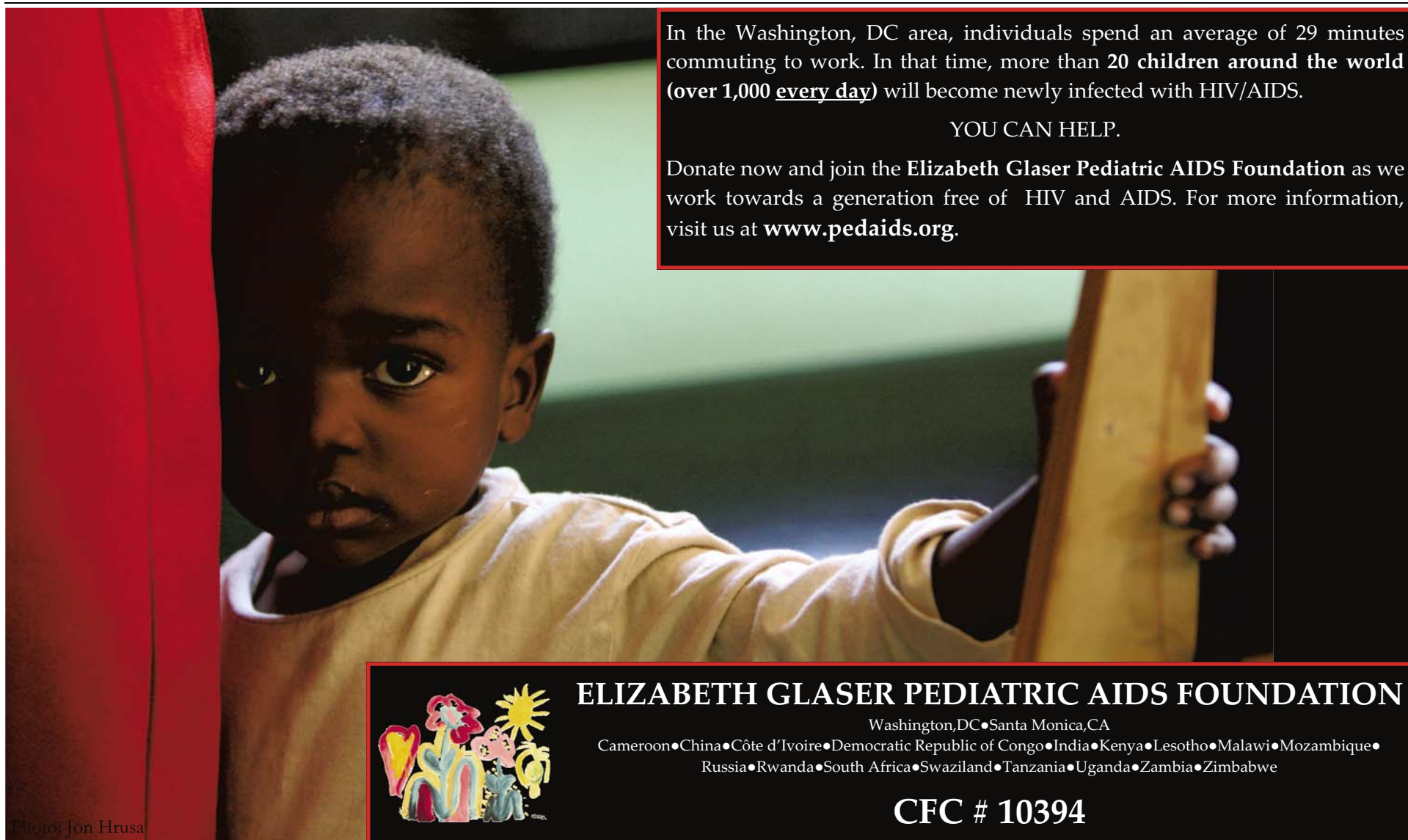
As Mike says, "I'm comfortable making a fool of myself for a good cause."

Under Mike's guidance the Financial Management Service attained 117 percent of its goal and raised over \$28,000 for the campaign. He exemplifies the spirit of giving and dedication that is the CFC.

Military (non-uniformed personal) Star of the Year - Joe Lipari - Dept. of Defense (Air Force)

Because of his demonstrated

Continued on page 8



In the Washington, DC area, individuals spend an average of 29 minutes commuting to work. In that time, more than **20 children around the world (over 1,000 every day)** will become newly infected with HIV/AIDS.

YOU CAN HELP.

Donate now and join the **Elizabeth Glaser Pediatric AIDS Foundation** as we work towards a generation free of HIV and AIDS. For more information, visit us at **www.pedaids.org**.

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CFC # 10394

Photo: Jon Hrusa

EXPRESS/12.09.2008

FERC Campaign Manager Still Giving After 30 Years on the Job

After 30 years at the Federal Energy Regulatory Commission (FERC)—including the last 14 as a volunteer for the Combined Federal Campaign of the National Capital Area (CFCNCA)—Edward Gingold still finds inspiration in the words of Winston Churchill: “We make a living by what we get, but we make a life by what we give.”

Gingold keeps the quotation in his office. “I look at it every day during the campaign,” he said.

In his fifth year as FERC’s Campaign Manager, Gingold leads a team of 75 FERC employees making the case for contributing to the Combined Federal Campaign (CFC). His service earned him an award for

volunteerism, presented during the campaign’s kickoff this fall.

Weekly Meetings Build Interest

One of the hallmarks of the commission’s campaign is a weekly meeting featuring a different organization supported by the CFC. At one November rally, a charity representative brought along an owl, a hawk, and a kestrel to illustrate the charity’s work.

To build attendance at the meetings, Gingold’s volunteer staff collects treats to offer as door prizes. Employees can win CFC mugs and tote bags or a free lunch at the FERC cafeteria. The grand prize at the end of the



Edward Gingold speaks to fellow Federal Energy Regulatory Commission employees about the importance of this year’s Combined Federal Campaign.

season is lunch in the cafeteria with FERC Chairman Joseph T. Kelliher. Although Gingold insists he

is not eligible to win any of the prizes, he notes one perk he’s received from his CFC position.

“Before I was Campaign Manager, I was an obscure staff attorney. Now the chairman knows who I am, the officers greet me in the elevator,”

he said, laughing.

Gingold started volunteering with the CFC 14 years ago, when he was asked to serve as his branch’s Keyworker. After his first year, Gingold offered to continue. He hopes he’ll remain involved with the campaign the rest of his career.

In 2007, his branch of 41 people had 87.5 percent participation in the CFC. When he congratulated the head of the branch, Associate General Counsel Jacqueline Holmes, she responded, “Ed, that’s

not because of me. It’s because of the respect and admiration that the people have for you.” ★

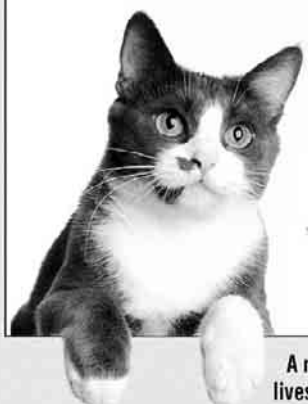
A special message to
employees of the
State and Federal
Government



The only government funding we receive is from you ...

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when choosing a charity to support at work:

CFC #45379 MCC #4650



A non-profit organization dedicated to saving the
lives of abandoned, neglected and abused animals.

THE COMBINED FEDERAL CAMPAIGN OF THE NATIONAL CAPITAL AREA

“WE pledged— Now it’s up to YOU!”



www.cfcnca.org



Honorary Chair Praises CFCNCA, Volunteers

Now in his third year as Honorary Chair of the Combined Federal Campaign of the National Capital Area (CFCNCA),

Admiral Thad Allen, Commandant of the U.S. Coast Guard, continues to take an active role in the campaign.

Admiral Allen has a long-standing record of volunteer work that ranges from assisting programs that advance children's literacy to promoting the services of an organization that supports U.S. troops and their families. He has been an active Combined Federal Campaign (CFC) volunteer for many years, participating in "Days of Caring" organized through the campaign, where he helped out with such tasks as preparing food and rebuilding houses.

As Honorary Chair, Admiral Allen has participated in numerous kickoff events and midway through the 2007

campaign, he recorded a campaign video urging employees to contribute.

This year, Admiral Allen appeared in a public service announcement for Federal employees urging them to join him in supporting the campaign. He ended his statement with a phrase familiar to everyone during an election year, but one with special meaning for the CFC campaign: "I'm Admiral Thad Allen... and **I approve** this message."

During a radio interview with Federal News Radio, Admiral Allen again promoted the CFCNCA. Admiral Allen congratulated all Federal employees in the National Capital Area for their support of the largest and most successful workplace charitable drive in the world. He called the workplace campaign a "terrific concept," and one that "has succeeded well over the years."

Admiral Allen also praised the work of the Local Federal Coordinating Committee (LFCC), the committee of

**Admiral Allen
congratulated all Federal
employees...for their
support of the largest and
most successful workplace
charitable drive in the
world.**



volunteer senior government leaders that oversees the campaign and ensures accountability and compliance with Office of Personnel Management regulations. He emphasized that the LFCC is a year-round effort, because outside of campaign season the committee oversees the monthly distributions of the proceeds. "The

LFCC is key in making recommendations on a financial intermediary and making sure that the business practices of the CFC are carried out. A lot of time and effort is put into that by senior leadership."

You can listen to the complete interview by visiting the CFCNCA website, www.cfcnca.org. ★

Some people see this only
in terms of calories...



but to others, it is the key to
surviving from one day to the next.

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Count your blessings... not your calories.

**To make a tax-deductible contribution,
call (202) 797-8806 or visit www.some.org**

Please designate SOME - CFC #74405 - United Way #8189



*Restoring Hope & Dignity
One Person at a Time.*



ONE DAY

SHE WILL WIN A SEAT IN CONGRESS.

RIGHT NOW

SHE'S WINNING HER BATTLE WITH LUPUS.

The Lupus Foundation of America (LFA) helps 1.5 million Americans win their battle with lupus. You can help too. Your donation to the LFA funds research, education and advocacy programs. Please donate to the LFA today.

WWW.LUPUS.ORG.

Combined Federal
Campaign #10566.





★ 2007 Winners | Marketing & Communications Contest

Designations of small, medium, or large are based on the agency's campaign goal:

★ Executive and Leadership Involvement Award

SMALL
First Place: Department of Transportation Federal Motor Carrier Safety Administration

MEDIUM
First Place: Small Business Administration

LARGE
First Place: Dept. of the Treasury Internal Revenue Service

★ Most Innovative Campaign Technique Award

SMALL
First Place: Dept. of the Air Force, Air Force District of Washington

MEDIUM
First Place: Department of Defense, Uniformed Services University

LARGE
First Place: National Geospatial-Intelligence Agency

★ Best Special Event

SMALL
First Place: Department of the Army Center for Army Analysis

MEDIUM
First Place: Office of Personnel Management Strategic Human

Resources Policy Division

LARGE
First Place: Census Bureau

★ Website or Electronic Communication

SMALL
First Place: Defense Security Cooperation Agency

MEDIUM
First Place: Defense Logistics Agency

LARGE
First Place: Department of Homeland Security U.S. Coast Guard

★ Best Poster/Display Award

SMALL
First Place: Department of Health and Human Services Substance Abuse and Mental Health Services Administration

MEDIUM
First Place: Navy Federal Credit Union

LARGE
First Place: Department of the Air Force

★ Best Photography and Use of Images

SMALL
First Place: Farm Credit Administration Farm Credit System Insurance Corporation

MEDIUM
First Place: Department of Defense Office

of the Inspector General

LARGE
First Place: Defense Intelligence Agency

★ Best Overall Communications Program

SMALL
First Place: Department of Transportation Federal Motor Carrier Safety Administration

MEDIUM
First Place: Peace Corps

LARGE
First Place: Dept. of Energy Office of Environmental Management

★ Best Campaign Writing or Publication

SMALL
First Place: Defense Security Cooperation Agency

MEDIUM
First Place: Missile Defense Agency

LARGE
First Place: Defense Information System Agency

★ Star of the Year Award

Civilian: **Mike Zeigler** - Dept. of the Treasury Financial Management Service
Military Uniform: **Lt. COL Lisa M. Perdue** - Department of the Air Force
Military Civilian: **Joseph F. Lipari** - Department of the Air Force



American Red Cross

Alexandria Chapter #62761

Arlington County Chapter #99248

Which covers Arlington County, The Pentagon, Army National Guard Readiness Center and Ft. Myer Military Community

Loudoun County Chapter #45497

ARC of the National Capital Area #96686

Which covers Dist. of Columbia, Pr. George's Co. MD, Montgomery Co. MD, Fairfax Co. VA, & Cities of Fairfax and Falls Church, VA, Fort Belvoir, Andrews AFB, Walter Reed Army Medical Center, and National Naval Medical Center Bethesda

Prince William Chapter #80217

Which covers Pr. William County, the Cities of Manassas, Manassas Park, and Quantico Marine Base

Providing relief for victims of disaster and helping people prevent, prepare for and respond to emergencies.



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GAVI has prevented nearly 3 million deaths

GAVI works to immunize children in the world's poorest countries, where **2.5 million** still die each year from diseases vaccines could prevent.

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CFC # 86528 | everychild.gavialliance.org

How many great world leaders will die before their 5th birthday?

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Give them life.
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cbm
christian blind mission
together we can do more

CFC # 12136
Christian Blind Mission

www.cbmiusa.org

ALZHEIMER'S DOESN'T JUST STEAL THE PAST.
IT CAN STEAL YOUR FUTURE.



Every 71 seconds, someone develops Alzheimer's, even affecting people in their 30s, 40s and 50s. Think of all the special moments that could be taken from you. Now is the time to **ACT**. To learn more, go to alz.org.

alzheimer's association

CFC# 49577

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CFC #10532



Awards Program

Continued from page 4

involvement in the 2006 Air Force campaign, along with his personal commitment in support of charities, Joe was recommended by the Air Force Campaign Managers to take part in the publicity used locally to promote the 2007 CFC.

This role involved a little modeling, and he agreed to be one of the Campaign of Dreams volunteers that were pictured on the cover of the 2007 *Catalog of Caring*.

His energy and passion for helping those in need is evident. Joe's efforts ensured that the CFC campaign ran successfully and his personal commitment to service continues to positively impact the community around him.

Military (uniformed personal) Star of the Year – Lieutenant Colonel Lisa M. Perdue – Dept. of Defense (Air Force)

Lieutenant Colonel Perdue is a person who gives back to her community. In the past year she cooked at a local shelter feeding a hot breakfast to more than 50 people and coordinated a fund drive to fill many of the shelter's needs. She also found time to coach a girl's basketball team.



LFCC Chair Linda Washington, Lt. Col. Lisa M. Perdue and Louis Torchia, Program Director, Voluntary Campaign Management Office.

When it came to the CFC she was just as active. She led her group of 35 Keyworkers in shattering the organization's assigned target by achieving 142 percent of the goal and raising over \$155,000. Lt. Col. Perdue's spirit and enthusiasm have made her a wonderful CFC ambassador and generated a positive response during the 2007 CFC campaign.

The 2008 Contest and Star of the Year Awards will be handed out at the CFCNCA Finale in late March 2009. ★

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FOR 165 YEARS, MEETING THE UNMET NEEDS
IN YOUR COMMUNITY AND YOUR WORLD

Today's B'nai B'rith leads the way in areas including:

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- COMMUNITY SERVICE**

 **To learn more about our work, go to www.bnaibrith.org. Your generous donations help make this possible!**

Please designate CFC # 52090 (B'nai B'rith International) this year!





SSA Employees Sing, Dance, Model for CFC

Social Security Administration (SSA) employees sauntered, crooned, and clowned for their colleagues in a fashion show November 14 that raised money and awareness for the Combined Federal Campaign (CFC).

About 30 people from the Office of Disability Adjudication and Review in Alexandria, Va., participated in the show and several times that number came to watch. The event brought in \$1,700 for CFC through admission tickets, a bake sale, and a raffle, according to Barbara Jackson, a paralegal specialist who coproduced the show with colleague Maria Moore. Kenneth Wright, who photographed and filmed the event, plans to sell DVDs of the show to raise additional money for CFC.

The office has held fashion shows to raise money for CFC on and off for about 30 years and some of the outfits were from previous shows. Many participants wore their own clothes, Jackson said. Participants modeled costumes from Africa and India, Sunday-best outfits complete with flouncy hats, and glittery gowns for nightclubbing.

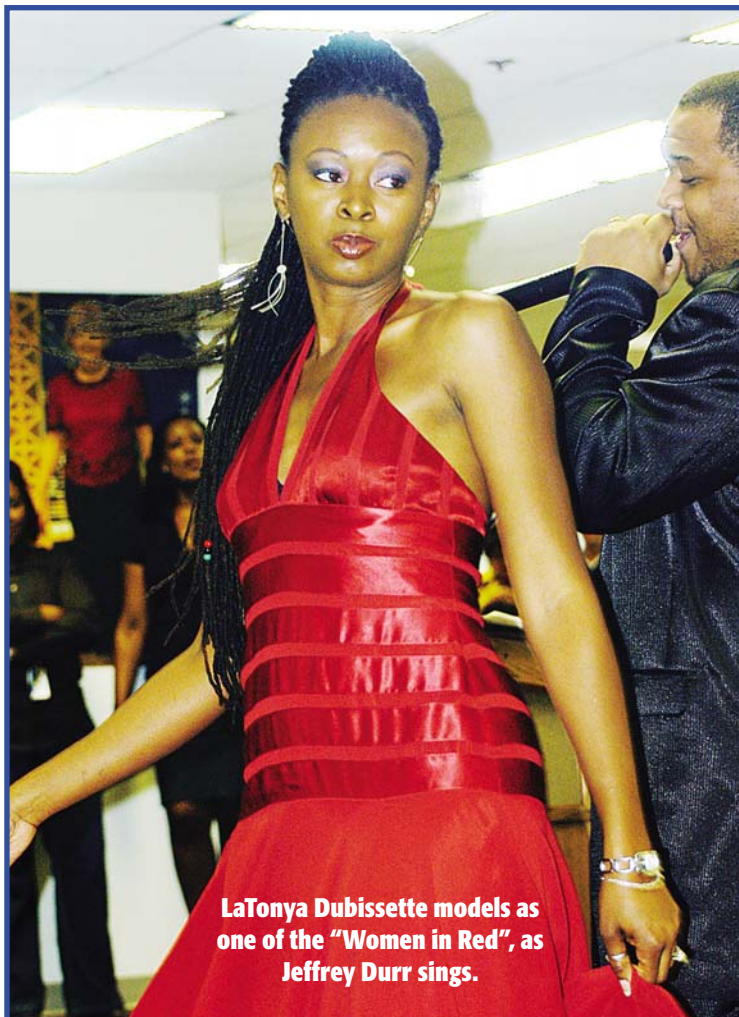
In a church-going scene, the models were accompanied by a small choir of gospel singers in white and crimson robes borrowed from one singer's church. The group formed just for the fashion show.

Using Many Talents, Raising Awareness

"The big thing is that it allows the employees to participate," Jackson says. "There's such a tremendous talent: singers, dancers, models. We don't turn anybody away."

Employees who have modeled in previous years taught their colleagues how to walk, stop, and turn. One employee recited poetry, and another, Jeffrey Durr, sang a love song while women dressed in red paraded past him.

"I didn't know he could sing," Jackson says about Durr. "I've seen him in the elevator and the hall. Someone told me he could sing." He joined the effort willingly when asked, Jackson added. Jackson cited



LaTonya Dubissette models as one of the "Women in Red", as Jeffrey Durr sings.

"There's such tremendous talent: singers, dancers, models. We don't turn anybody away."

Durr as just one example of a relatively new employee who became better acquainted with the CFC through the fashion show.

"It gets the young people to come in and instills the importance of giving to CFC," said Jackson, who is vice president of the American Federation of Government Employees local and serves on the Executive Committee of the Local Federal Coordinating Committee (the board of directors) for the Combined Federal Campaign of the National Capital Area (CFCNCA).

According to Jackson, space hadn't been

Continued on page 27

Blinded Veterans Helping Blinded Veterans



WORLD WAR II • IRAQ • KOREA
Three generations of blinded veterans at a recent BVA convention.

The Blinded Veterans Association (BVA) was established in 1945 to promote the welfare of blinded veterans.

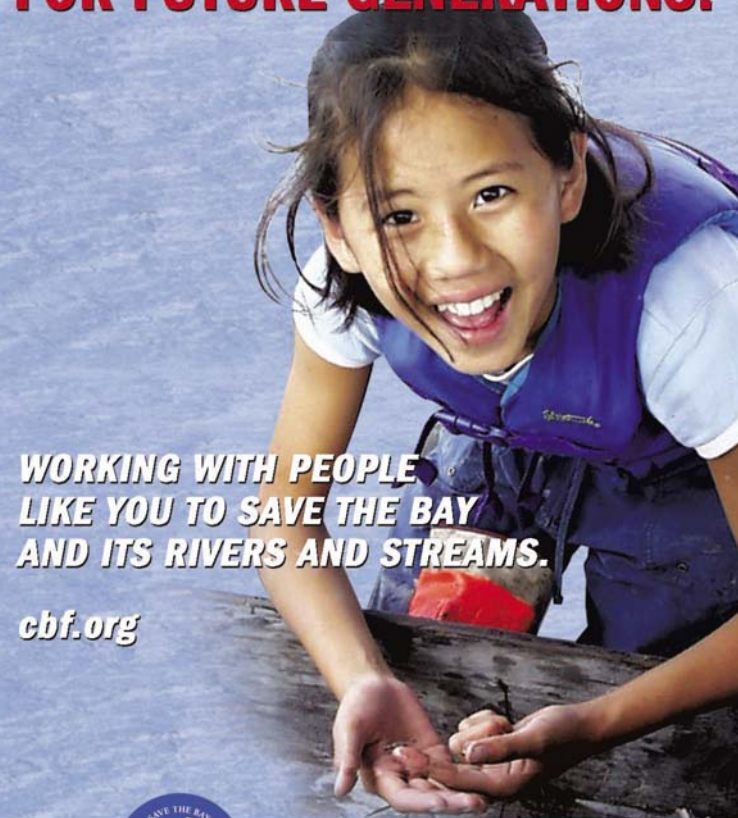
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Campaign PSAs Combine Humor and Warmth

The widely popular Public Service Announcements (PSAs) created by the Combined Federal Campaign of the National Capital Area (CFCNCA) can now be found on the video sharing

website, YouTube (www.youtube.com). The PSAs are also available for viewing on CFCNCA's homepage, www.cfcnca.org, in downloadable broadcast-quality versions.

CFCNCA created the PSAs to generate excitement and maintain awareness about this year's fundraising campaign.

"The beauty of the PSAs is they were created with many uses in mind," says Anthony De Cristofaro, Executive Director of the CFCNCA. "They are only thirty seconds in length and are perfect icebreakers for training sessions, kickoffs, and rallies."

In addition to the traditional ways a video is used at CFCNCA events, the PSAs were designed to be broadcast by Federal agencies that have the capability to show them on their intranet or via internal broadcasting networks.

Four PSAs were produced:

- **Federal Roundtable:** A parody of Sunday morning political talk shows
- **Admiral Thad Allen Message:** The campaign's Honorary Chair asks for your

support when it comes to this year's campaign

• **Buttons:** A touching spot that features a father and a daughter who are both Federal employees

• **Man on the Street:** A humorous take on "man on the street" interviews

"We wanted to create something that wouldn't be dry or boring, but instead attract a viewer's interest," says Robert Ryan of Castlegate Media, the company that produced the PSAs. "We feel we have the right mix of humor and warmth that will appeal to most anyone."

So far in this campaign the PSAs have been shown at numerous Federal agencies and departments, including the Department of Justice, the General Services Administration, and the Department of the Treasury. The Internal Revenue Service is planning on placing them on their intranet, and the Pentagon Channel is adding them to their programming rotation.

"They've only been available for a short time, but already they've garnered a great deal of interest and enthusiasm among our Loaned Executives and Campaign Managers," says De Cristofaro. "We are excited about the enthusiasm they are generating, and hope they will keep the Combined Federal Campaign fresh in the minds of potential donors." ★

"C-F-C! C-F-C!"

Anoisy, overflow crowd packed the Sonny Montgomery Auditorium as the Department of Veterans

Affairs kicked off its 2008 Combined Federal Campaign of the National Capital Area (CFCNCA) fundraising drive. The football-themed event featured cheerleaders, a band, stadium food, and an appearance by the "Head Coach," Secretary of Veterans Affairs James Peake.

Led by a group of cheerleaders who chanted "C-F-C! C-F-C!" the crowd, many of whom were dressed in football jerseys, was energized and vocal throughout the event.

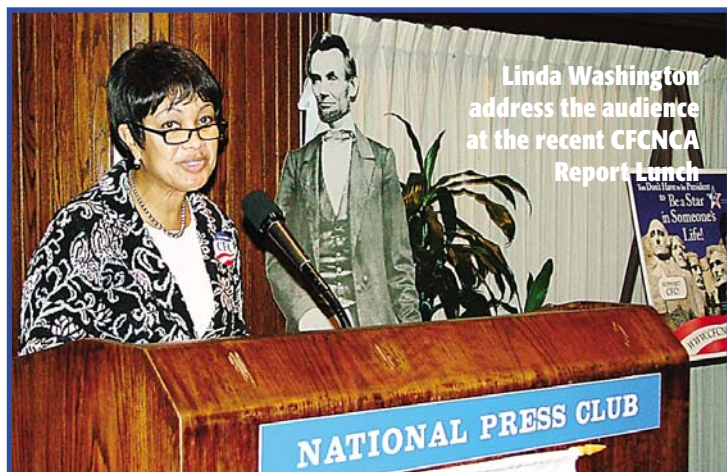
Lisette Mondello, assistant secretary, Public and Intergovernmental Affairs, and the department's campaign vice chair, acted



Department of Veterans Affairs employees get in the spirit at this year's CFC kickoff

as the emcee of the event and was a catalyst for the enthusiasm generated at the kickoff.

Veterans Affairs has a \$700,000 goal for the 2008 campaign, and if the excitement and fun that came through at this event is any indication, they will be yelling "C-F-C! C-F-C!" again at the campaign finale. ★



Linda Washington
address the audience
at the recent CFCNA
Report Lunch

Report Lunch Focuses On ...

Continued from page 3

socials to the upcoming Jamaican Dinner, these events have not only garnered funds for the 2008 campaign, they've managed to keep the CFC prominent in the minds—and appetites—of HUD employees.

"You don't need money to raise money," declared National Transportation Safety Board's (NTSB) Max Green, representing a medium account. Green detailed numerous low-cost fundraising ideas that NTSB has implemented for its campaign. One of the most popular ideas he shared was "CFC Jeans Day." With a motto of "Be comfortable as you reach into your pocket to make a donation to the CFC," the event solicited no funds from NTSB workers, but instead was created as a way to remind people about the campaign.

Charlie Murphy, with the Defense Intelligence Agency (DIA), stressed "The Power of Participation." One of his suggestions was to feature coworkers on campaign posters and in campaign literature. He also showed examples of various posters DIA has used. From 1950's Burma Shave-style signs to posters created by children, he focused on "low cost/high impact" campaign materials.

Table discussions during the meal involved various ways of encouraging Keyworkers to keep up their good work, as well as ideas for thanking and recognizing their efforts. Keyworkers are volunteers who are on the frontlines of the campaign when it comes to coordinating individual pledges and are responsible for making personal contact with those who may be considering giving.

One of the day's highlights was a testimonial from United States Coast Guard Chief Warrant Officer (CWO) Rusty Huyck. CWO Huyck told the story of his daughter, who was born prematurely and suffered complications. Thanks to a CFC-supported children's hospital that specializes in the care she needed, Huyck's daughter was treated with a drug that has given her a normal life.

CWO Huyck's CFC story doesn't end there. In 2005 he was diagnosed with an aggressive prostate cancer. He owes his life, he said, to a research-funded blood test that had been developed for early detection of prostate cancer. He has now been cancer free for the past three years. "I give to organizations that fight cancer through donations to the CFC," said Huyck. He added, "If we all give a little, the impact will be huge."

In closing, LFCC Chair Linda Washington encouraged the volunteers "to reach down and use a higher gear to make up some important lost ground for the people who really need our help. I encourage you to help us maintain the momentum."

With confirmation that the 2008 campaign is off to a good start and flush with ideas gained from the guest speakers, the attendees returned to their agencies with renewed motivation and enthusiasm. ★



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CFC Calendar 2009

DATE	EVENT
DECEMBER 11, 2008	Second Progress Report Lunch (National Press Club)
JANUARY 9, 2009	Last Day to Submit Communication Contest Entries
JANUARY 30, 2009	Loaned Executive Recognition Luncheon (St. Gregory Hotel)
JANUARY 31, 2009	Public Campaign Concludes
FEBRUARY 24, 2009	Campaign and Awards Celebration (Grand Hyatt)
MARCH 15, 2009	Charities Notified About Designated Totals and Donor Names
APRIL 1, 2009	First Distribution of Funds to Charities and Federations

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The CFC's Legacy of Employee Generosity

The CFC today is the world's largest workplace giving campaign, with approximately 250 local campaigns conducted each year across the United States and overseas. In 2007, Federal employees contributed \$273 million through all Combined Federal Campaigns (CFCs). The CFC of the National Capital Area (CFCNCA), the largest of the campaigns, raised almost \$60.8 million from generous Federal workers in the Washington Metropolitan Area.

Each campaign involves a network of volunteers who organize special events such as carnivals, fashion shows, and cook-offs to bring attention to the campaign. Charity fairs and personal testimonials from people helped by CFC-supported charities inform employees about the benefits of donating. In addition, the campaign "draws employees out from behind their desks, lets them participate and gives them a sense of coming together for the common good," said Mark Lambert, director of the Office of CFC Operations at the United States Office of Personnel Management (OPM).

Early Days

OPM traces the history of fundraising in Federal offices to the late 1940s. In those days, on-the-job fundraising in the Federal workplace was not regulated. Employees could not designate where their donations should go and solicitations were frequent, occurring throughout the year.

Attempts to regulate fundraising among Federal workers gained traction in the mid-1950s, when Philip Young, the president's advisor on personnel management, initiated a study of the solicitations. From 1954–1956, study leaders held extensive discussions with executives of charitable organizations and managers throughout the Federal government. In June 1956, President Dwight D. Eisenhower formally charged his personnel management advisor with developing and administering a uniform policy and program for fundraising within the Federal service.

That year, two Federal bulletins identified the charitable organizations recognized for on-the-job solicitations and designated specific times of the year for fundraising. General guidelines directed the conduct of campaigns and an Eligibility Standards Committee was established to develop and implement guidelines for vetting charitable organizations as participants.

The first participating charitable organizations were the American Red Cross, local community chests, United Funds, and two federated groups—the National Health Agencies (a group of nine health-related voluntary organizations now known as Community Health Charities) and International Service Agencies (now known as Global Impact, the organization that has administered the CFCNCA since 2003 and, as a federation, raises funds for 53 U.S.-based international charities).

Eisenhower further formalized the administration of the program by executive order in September 1957, which placed the fundraising campaign under the supervision of a Presidential Committee staffed by the Civil Service Commis-

Continued on page 16



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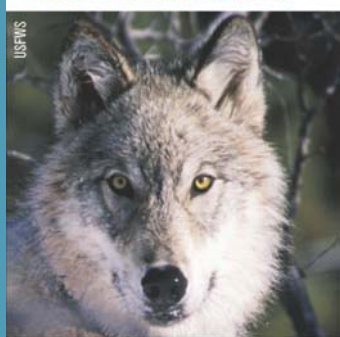



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The Conservation Fund	10630
Conservation International.....	11430
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Earth Day Network	10625
Earth Island Institute	12065
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.....	11434	Rainforest Alliance	11353
.....	10961	RARE	10962
.....	11342	Restore America's Estuaries	12070
ca	10620	Rocky Mountain Institute	11438
.....	11103	Scenic America	11439
.....	10278	The Sierra Club Foundation	12071
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ndation	10267	Union of Concerned Scientists	10637
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CFC #10993



2008 CFC Special Edition

The CFC Legacy ...

Continued from page 13

sion (what is now OPM). Solicitations by charities were consolidated into three campaigns a year, with each campaign scheduled for a different group of charities. Operational ground rules were established and eligibility tightened.

The Start of a Combined Federal Campaign

In 1961, President John F. Kennedy formally signed the executive order that provided official authority to permit fundraising in the Federal workplace. Three years later, the first "combined" campaigns, officially called "Combined Federal Campaigns, or CFC," were conducted as experiments in six cities, consolidat-

ing all fundraising drives into one. The result was a substantial increase in contributions, ranging from 20 percent to 125 percent. Agency managers and employees alike approved of the once-a-year effort.

In 1971 all campaigns became "combined" when President Richard M. Nixon announced

By 2007, payroll deductions accounted for 90 percent of all CFC funds raised.

on March 3 that the CFC would be the uniform fundraising method for the Federal service.

That year also brought the introduction of the payroll deduction option, making it easier for employees to give. By 2007, payroll deductions accounted for 90 percent of all CFC funds raised.

"The payroll deduction option is both convenient for Federal employees and enables them to spread their gifts over multiple pay periods," Lambert said.

The CFC Today and Tomorrow

Just as the introduction of the payroll deduction option revolutionized the CFC, online giving has shown great promise. In select campaigns across the nation, including the National Capital Area, Federal employees can make their contributions through Employee Express, an online system already in use to manage choices such as income tax withholding, health benefits, and retirement contributions.

This year CFC giving through Employee Express is available in 32 regions, up from seven in 2007. "Within the next couple of years we hope to be able to make it available to all campaigns," Lambert said.

CFCNCA Leads the Way

Federal employees are known for their generosity, and those pledging in the National Capital Area campaign lead the way. Last year, giving by Federal employees to the CFCNCA climbed for the fifth year in a row. That is good news for the nearly 4,000 participating charities and the countless people receiving help through their many programs.

This year CFCNCA has set a goal of raising \$61 million. In the National Capital Area, most departments and agencies complete their solicitations by December 15. The CFCNCA deadline has been extended until January 31, 2009, however, allowing plenty of time for employees who want to give to make their cash, check, or payroll deduction donation to the charity or charities of their choice.

Lambert urges Federal workers to continue their generosity. "I encourage people, especially this year with the economy looking the way it is, not to forget people who are less fortunate," he said. "These charities provide services to people in need." ★



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CFC #11381 / www.uso.org



School Helped Autistic Son Cope with Father's Death

With her husband dying of prostate cancer, Carolyn Ramona Davis needed a way to communicate with her nonverbal autistic son about what was happening to his dad. Davis turned to the boy's school for help.

The staff at the school, a Combined Federal Campaign (CFC)-supported agency, created a series of social storybooks that used pictures to explain to then

10-year-old Gilbert Jr. that his 52-year-old father would come home, stay in a hospital bed, and eventually die.

"I think it made the transition a lot easier in that autistic children do not deal with change very well," says Davis, 48, assistant inspector general for audit policy and oversight in the Office of Inspector General at the Department of Defense (DOD).

"With my daughter, who's nine, because she can verbalize, you kind of know how she's feeling about things. I didn't have much of a gauge with Gilbert on how he was handling it," Davis says. One indication that the message got through to Gilbert, however, was he did not suffer outbursts that autistic children sometimes have during stressful times.

At school, Gilbert focuses on life skills more than on traditional academic subjects. The goal is for the students to become as independent as possible and to become productive members of society. Gilbert can attend the school until age 22; the school also provides a separate program for adults.

"You never know when a CFC organization is going to be the one that helps you," Davis said. "Life's not guaranteed."

Gilbert, now 11, has learned some basic signs in sign language. "Autism you can't expect to cure," Davis says. "You can't just pay out money. Speech therapy and occupational therapy are billed at \$125 an hour if you go on your own. Sometimes you're going to be confronted with things where [money] is not going to be enough."

Davis's daughter, Ramona, is an A student at a private school in Maryland, another CFC recipient. Ramona's grades never slipped even when her father died, thanks to the support system at the school. "They were attuned to make sure she was on an emotional even keel throughout her father's illness and when he passed," Davis said.

When Davis spoke at DoD's CFC kickoff this year, she also was preparing her colleagues for Gilbert's appearance that afternoon at a ceremony marking her promotion to the Senior Executive Service. "When he walked to my boss at the podium, my boss wasn't completely thrown off," she said with a laugh.

"My thing was if he ever speaks, I don't want (him to say) 'an important thing happened and I wasn't there to be part of it.'"★



Carolyn R. Davis

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Department of Homeland Security Embraces 4,000 Opportunities to Give



Jay Cohen, DHS's Under Secretary for Science and Honorary CFC Chair arrived dressed as Uncle Sam and proclaimed himself "Uncle Jay" at their kickoff event.

The Department of Homeland Security (DHS) held their 2008 Combined Federal Campaign (CFC) kickoff before a packed house in the Ronald Reagan Building Auditorium. Jay Cohen, DHS's Under Secretary for Science and Honorary CFC Chair arrived dressed as Uncle Sam and proclaimed himself "Uncle Jay" during his address. "It is an election year, and as a take-off on that I'm saying give early and often," said Cohen. "Let's go forth, let's do good work and let's all be a star in someone's life," he added.

The overflow crowd enjoyed many highlights. United States Coast Guard Lieutenant Susan Condon started things off with a stirring rendition of the National Anthem and Custom and Border Patrol's (CBP) Linda Gray ended the event by singing "God Bless America."

Other highlights included:

■ Remarks from Thomas Winkowski, Assistant Commissioner, Office of Field Operations for CBP. "The mere fact you came today shows you know the importance of this campaign," said Winkowski.

He went on to say, "The 2008 Catalog of Caring provides you not only 4,000 opportunities to give, but it gives you 4,000 opportunities to help others."

■ Appearances by a young Cub Scout and Boy Scout who led the Pledge of Allegiance.

■ A testimonial from DHS's Diane Cole who told the story of her fight with breast cancer and how a CFC-supported agency not only changed her outlook, but prompted her to lend support to other women battling the disease.

■ A short commentary from Juan Contreras, a CBP Officer from Progresso, Texas, who shared a few words on how a CFC-supported agency helped his family in the aftermath of a recent hurricane.

DHS's Vice Chair and Campaign Manager Bray Barnes acted as the event's Master of Ceremonies and had the honor of introducing all of the speakers as well as offering his own thoughts on this year's campaign. "Although we face uncertain financial times...I am confident we have the enthusiasm and commitment to make our community and our world a better place for those less fortunate," he said.★



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American Association of Diabetes Educators Education & Research Foundation	#11718
American College of Rheumatology Research Education Foundation	#10582
Asthma and Allergy Foundation of America	#10583
Brain Tumor Foundation of America	#11358
The Breast Cancer Research Foundation	#10584
Cancer Immunology Research Foundation	#11865
City of Hope	#11720
Diabetes National Research Group	#11359
Foundation Fighting Blindness	#11721
Gateway for Cancer Research (Formerly Cancer Treatment Research Foundation)	#11719
Glaucoma Research Foundation	#12118
GBS/CIDP Foundation International	#11360
Hope Heart Institute	#12168
Interstitial Cystitis Association of America	#10578
Leukemia Research Foundation	#11725
Medical Research Charities	#10899
Multiple Sclerosis National Research Institute	#12135
National Eating Disorders Association	#12120
National Sleep Foundation	#10120
Osteogenesis Imperfecta Foundation	#11334
Osteoporosis and Breast Cancer Research Center	#10883
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A National Institute of Health employee holds up a t-shirt that proclaims her CFC spirit at the NIH campaign kickoff



Vice Admiral Thomas J. Barrett, Deputy Secretary of Transportation, enjoys a round of putt-putt golf at his agency's CFC kickoff.

The Quantico Marine Corps Band Brass Quintet performs during the United States Navy's CFCNCA kickoff at the Pentagon.




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Children from the Smithsonian Institution's Early Enrichment Center perform at the Smithsonian CFC kickoff event.



First place winner Olivia Richardson performs an acapella version of "Lions, Tigers and Bears" at the Library of Congress' CFC Talent Show.



Ed Schafer, Secretary of Agriculture and their 2008 CFC Chair, pins a double eagle pin on Selena Miller. These pins are awarded to donors who pledge 2% of their salary to the CFC. Ms. Miller was the department's first Double Eagle donor of the '08 campaign.

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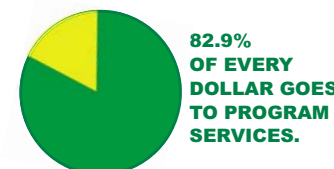


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Orphan Foundation of America
 PetSmart Charities
 Point Foundation, The National Gay and Lesbian Scholarship Fund
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 National Psoriasis Foundation
 Ovarian Cancer Research Fund
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HUD Moves Toward Goal "Inch by Inch"

The Department of Housing and Urban Development (HUD) officially began its 2008 Combined Federal Campaign (CFC) fundraising drive with an event at its headquarters. The program was hosted by HUD's Campaign Chair Inez Banks-Dubose and featured remarks from HUD leadership, CFC staff, and representatives of supported charities.

"The CFC is a powerful way to make a difference in the lives of millions of Americans, and we're here today because this department has been a major supporter of the campaign," said HUD's Deputy Secretary Roy Bernardi. He added, "We face some challenges, but this is precisely the moment that the CFC will shine its brightest, and to all HUD employees I say, if you can't give a lot, give a little."

Rhonda Murrill, the Loaned Executive assigned to the department, gave a spirited address that



HUD's 2008 CFC Campaign Chair Inez Banks-Dubose at this year's HUD kickoff event.

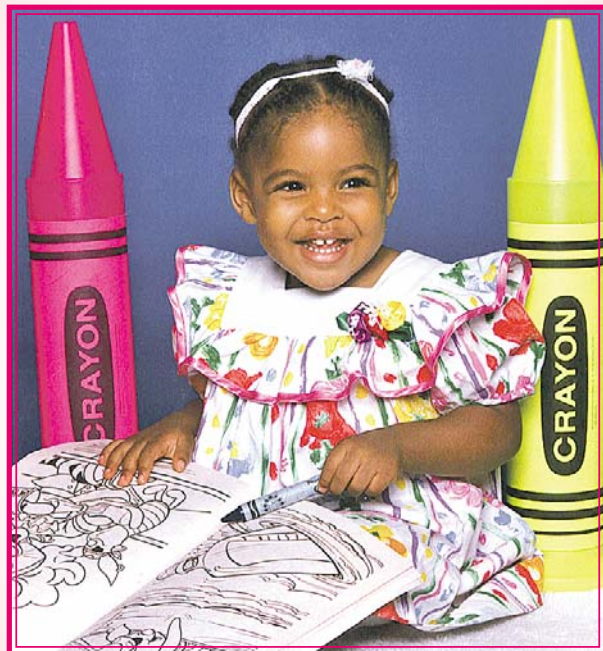
was followed by moving testimonies from two CFC-supported charities.

HUD's campaign goal this year is \$615,000. Ms. Banks-Dubose closed with these words of encouragement, "We are moving inch by inch toward our goal, and please remember to be a star in someone's life." ★

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SSA Employees Sing, Dance, Model for CFC

Continued from page 9

available for a fashion show for the past few years, but this year she learned that some office space was being vacated and would be empty briefly before being renovated. Participants had just two weeks to rehearse on their lunch breaks.

"We had the show on Friday, and on Monday, true to their word, people were tearing up carpet and starting construction!" Jackson said.

For the performance, volunteers decorated the bare stage area with CFC posters and enlarged photos from previous CFC fashion shows. An SSA employee who works off-hours as a DJ brought his equipment and provided music for the event.

One of the highlights came late in the show. During a humorous number geared to older employees, models danced to Elton John's "I'm Still Standing." Ray Sanchez took off his jacket, placed a handkerchief on the floor and stood on his



head, encouraged by whoops, hollers, and applause from the audience.

Participants and observers alike agreed this year's show was a welcome renewal of the SSA's CFC tradition. ★

Barbara Jackson (above) coproduced and emceed the fashion show. Ray Sanchez entertains with a headstand.



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